

Letter

Letter



Breakfast

Lunch

Dinner

Snacks

COOK BOOK

Commonwealth Consumers

1974

Dear Friends:

Three times a day every home-maker asks herself, "What can I serve that my family will enjoy?"

To help make the answer easier for you, we have collected a treasury of the favorite recipes from you and your friends, sorted them out and put them together in this easy-to-read book.

A glance through any section will suggest many delicious possibilities, good foods - EASY TO PREPARE!

At this time we also want to thank all the people who have worked so very hard, enabling us to put out such a large undertaking. Also; a special thanks goes out to a past board member for doing such an excellent job on typing - Cherie Howe. Without all their hard work this book would not be possible.

We hope you will derive as much enjoyment from the preparation of some of these delicious dishes as we did in compiling it...and comfort in knowing that all proceeds from this book will go to a worthwhile charity.

Sincerely,

Sandi Geerling Jean Matz
Sandi Geerling & Jean Matz,
Ways and Means Committee
Commonwealth-Consumers Club

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CALORIE COUNTERS

Beverages

| | | |
|----------------------------|------------|--------|
| Carbonated Water | | xxx c. |
| Coffee, black, unsweetened | | xxx c. |
| Cocoa, All Milk | 1 cup | 235 c. |
| Cola Beverages | 8 oz | 107 c. |
| Lemonade | 1 sm glass | 75 c. |
| Tea, plain, unsweetened | 1 cup | xxx c. |

Breads, Crackers, Rolls, Etc

| | | |
|------------------------|--------------------|--------|
| Raisin Bread | 1 slice | 80 c. |
| Rye Bread | 1 slice | 71 c. |
| Enriched White Bread | 1 slice | 60 c. |
| Melba Toast | 1 slice | 25 c. |
| Whole Wheat Bread | 1 slice | 55 c. |
| Baking Powder Biscuits | 1 large or 2 small | 129 c. |
| Saltines | 1 | 17 c. |
| Soda Crackers | 1 | 23 c. |
| Bran Muffin | 1 medium | 106 c. |
| Corn Bread | 1 small square | 130 c. |
| French Bread | 1 small slice | 54 c. |
| French Toast | 1 slice | 135 c. |

Candies

| | | |
|-----------------------|--------------|--------|
| Chocolate Bar - Nut | 2 oz bar | 340 c. |
| Chocolate Bar - Plain | 2 oz bar | 270 c. |
| Chocolate Cream | 1 oz | 110 c. |
| Mints | 5 very small | 50 c. |
| Popcorn, Plain | 1 cup | 54 c. |
| English Toffee | 1 | 25 c. |

Cereals

| | | |
|-------------------------|---------|--------|
| Corn Flakes | 1 cup | 96 c. |
| Cream of Wheat | 1 cup | 120 c. |
| Oatmeal | 1 cup | 148 c. |
| Shredded Wheat, biscuit | 1 | 100 c. |
| Sugar Krisps | 3/4 cup | 110 c. |

Dairy Products and Eggs

| | | |
|-------------------------|-------------------|--------|
| Butter or Oleomargarine | 1 level Tbsp | 100 c. |
| American Cheese | 1 cube 1-1/8 inch | 100 c. |
| Cream, light | 1 Tbsp | 30 c. |
| Cream, whipped | 1 Tbsp | 25 c. |
| Eggs, boiled | 1 medium | 77 c. |
| Eggs, fried | 1 medium | 110 c. |
| Egg white | 1 | 15 c. |
| Egg yolk | 1 | 61 c. |
| Buttermilk | 1 cup | 86 c. |
| Whole Milk | 1 cup | 165 c. |

-A-

CALORIE COUNTERS

Desserts

| | | |
|----------------------------|---------------|--------|
| Angel Food Cake with Icing | average slice | 150 c. |
| Chocolate Cake - 2 layers | average slice | 356 c. |
| Cupcake, plain | 1 | 131 c. |
| Fruit Cake | average slice | 105 c. |
| Shortcake, with fruit | average slice | 300 c. |
| Chocolate Ice Cream | 1/2 cup | 200 c. |
| Vanilla Ice Cream | 1/2 cup | 150 c. |
| Lemon Ice | 1/2 cup | 117 c. |
| Chocolate Eclair, custard | 1 small | 250 c. |
| Cream Puff | 1 | 296 c. |
| Apple Pie | 1/6 of pie | 331 c. |
| Berry Pie - all kinds | 1/6 of pie | 340 c. |
| Custard Pie | 1/6 of pie | 266 c. |
| Pumpkin Pie | 1/6 of pie | 265 c. |
| Bread Pudding | 1/2 cup | 150 c. |
| Jello - all flavors | 1/2 cup | 78 c. |

Fish and Seafoods

| | | |
|---------------------------|---------------|--------|
| Haddock, baked | 1 fillet | 158 c. |
| Halibut, broiled | 4 oz steak | 207 c. |
| Lobster, baked or broiled | average | 308 c. |
| Oysters, fried | 6 | 300 c. |
| Perch, fried | 3 oz | 195 c. |
| Salmon (canned) | 3 oz | 122 c. |
| Scallops, fried | 3 or 4 | 295 c. |
| Shrimps, fried | 3 jumbo | 250 c. |
| Trout (brook), broiled | 4 oz | 216 c. |
| Tuna (canned) | 3 oz, drained | 169 c. |

Flour Foods

| | | |
|---------------------|------------|--------|
| Dumplings | 1 | 70 c. |
| Macaroni and Cheese | 1 cup | 475 c. |
| Noodles (cooked) | 1 cup | 200 c. |
| Pancakes (wheat) | 1 (4-inch) | 60 c. |
| Waffles | 1 | 216 c. |

Fowl

| | | |
|----------------|----------------------|--------|
| Chicken, fried | 1 small thigh or leg | 64 c. |
| Chicken, fried | 1 piece breast | 210 c. |
| Turkey, roast | 1 slice | 100 c. |

Fruit

| | | |
|--------------------------|-----------|--------|
| Apple (raw) | 1 large | 117 c. |
| Banana | 1 large | 119 c. |
| Cantaloupe | 1/2 melon | 37 c. |
| Cranberries (sauce) | 1 cup | 54 c. |
| Dates | 3 to 4 | 95 c. |
| Grapefruit (unsweetened) | 1/2 | 104 c. |
| Oranges | 1 medium | 70 c. |

-B-

CALORIE COUNTERS

Meat

| | | |
|--------------------|-----------------|--------|
| Bacon (crisp) | 2 slices | 95 c. |
| Hamburger | 1 patty (3 oz) | 245 c. |
| Beef Roast | 3 oz | 110 c. |
| Round Steak (lean) | 3 oz | 197 c. |
| Ham, Baked | 1 piece | 100 c. |
| Meat Loaf | 1 slice | 264 c. |
| Pork Chop | 1 medium, lean | 120 c. |
| Spareribs | 1 piece, 3 ribs | 123 c. |
| Frankfurter | 1 | 155 c. |

Salads

(Without Dressing)

| | | |
|--------------------|-----------------|--------|
| Apple & Carrot | 1/2 cup | 100 c. |
| Cole Slaw | 1 cup | 102 c. |
| Fruit Gelatin | 1 square | 139 c. |
| Potato | 1/2 cup | 184 c. |
| Tomato and Lettuce | Average helping | 35 c. |
| Waldorf | 1/2 cup | 140 c. |

Salad Dressings

| | | |
|--------------------------------------|--------|--------|
| Boiled Dressing | 1 Tbsp | 28 c. |
| Commercial Dressing, mayonnaise type | 1 Tbsp | 58 c. |
| French Dressing | 1 Tbsp | 60 c. |
| Mayonnaise | 1 Tbsp | 110 c. |
| Thousand Island | 1 Tbsp | 75 c. |

Soups and Consommés

| | | |
|----------------|-------|--------|
| Bean | 1 cup | 191 c. |
| Bouillon | 1 cup | 10 c. |
| Potato | 1 cup | 185 c. |
| Tomato (clear) | 1 cup | 90 c. |
| Vegetable | 1 cup | 82 c. |

Vegetables

| | | |
|-------------------------|-------------------|--------|
| Asparagus (canned) | 1 cup, cut spears | 38 c. |
| Beans (baked) | 1/2 cup | 325 c. |
| Green Beans | 1 cup | 45 c. |
| Cabbage (raw) | 1 cup | 24 c. |
| Carrots (fresh) | 1 cup | 21 c. |
| Corn (on cob) | 1 ear | 85 c. |
| Lettuce | 1 large head | 68 c. |
| Peas (canned) | 1 cup | 170 c. |
| Potatoes (French fried) | 8 pieces | 157 c. |
| Potatoes (mashed) | 1 cup | 145 c. |
| Sweet Potatoes, baked | 1 small | 155 c. |
| Radishes | 4 | 10 c. |
| Sauerkraut | 1 cup | 30 c. |
| Spinach | 1 cup | 46 c. |
| Tomatoes (raw) | 1 | 30 c. |
| Tomatoes (stewed) | 1 cup | 50 c. |

-C-

COMMON FOOD EQUIVALENTS

| | Unit | Approximate Measure |
|-----------------------------|------------|-------------------------|
| Butter, Other Fats | 1 lb | 2 cups |
| Cheese, American or Cheddar | 1 lb | 4 cups grated |
| Chocolate, Unsweetened | 1/2 lb pkg | 8 1-oz squares |
| Coffee, Ground | 1 lb | 80 tablespoons |
| Cream, Heavy | 1 pt | 2 cups (4 cups whipped) |
| Flour | | |
| All-purpose | 1 lb | 4 cups (sifted) |
| Cake | 1 lb | 4-1/2 cups (sifted) |
| Lemon, Medium-sized | | |
| Juice | 1 | 2 to 3 tablespoons |
| Rind, lightly grated | 1 | 1-1/2 to 3 tablespoons |
| Sugar | | |
| Granulated | 1 lb | 2 cups |
| Brown | 1 lb | 2-1/4 cups (packed) |
| Confectioners' | 1 lb | 3-1/2 cups (sifted) |
| Walnuts | | |
| In Shell | 1 lb | 1-2/3 cups nut meats |
| Shelled | 1 lb | 4 cups nut meats |

COMMON ABBREVIATIONS

| | |
|------|--------------|
| tsp | teaspoon |
| tbsp | tablespoon |
| pt | pint |
| qt | quart |
| sq | square |
| min | minute(s) |
| hr | hour(s) |
| mod | moderate(ly) |
| med | medium |
| doz | dozen |
| pkg | package |

SIMPLIFIED MEASURES

| | |
|-------------------|--------------------------|
| dash | - less than 1/8 teaspoon |
| 3 teaspoons | - 1 tablespoon |
| 16 tablespoons | - 1 cup |
| 1 cup | - 1/2 pint |
| 2 cups | - 1 pint |
| 2 pints (4 cups) | - 1 quart |
| 4 quarts (liquid) | - 1 gallon |
| 4 quarts (solid) | - 1 peck |
| 4 pecks | - 1 bushel |
| 16 ounces | - 1 pound |

-D-

ROASTING

| | Set Temperature | Time in Minutes per Pound | Time in Min per Lb Started Cooking from Frozen State |
|----------------------|--------------------|---|--|
| <u>MEAT</u> | | | |
| <u>Beef</u> | | | |
| Standing Rib 6-8 Lbs | 300 | Rare 18-20 Medium 22-25 Well Done 27-30 | 43 47 55 |
| Less than 6 pounds | 300 | Rare 33 Medium 45 Well Done 50 | 55 60 65 |
| Rolled Ribs | 300 | Rare 32 Medium 38 Well Done 48 | 53 57 65 |
| Rump (high quality) | | | |
| Standing | 300 | 25-30 | 50 |
| Rolled | 300 | 30-35 | 55 |
| <u>Lamb</u> | | | |
| Leg | 300 | 25-30 | 40-45 |
| Shoulder | 300 | 25 | 40-45 |
| Shoulder (bone in) | 300 | 40-45 | 40-45 |
| <u>Veal</u> | | | |
| Leg | 300 | 25-30 | 40-45 |
| Shoulder | 300 | 25 | 40-45 |
| Boned and Rolled | 300 | 40-45 | 40-45 |
| <u>Pork</u> | | | |
| Loin | 350 | 35-40 | 50-55 |
| Fresh Ham | 350 | 30-35 | 50-60 |
| <u>Smoked Pork</u> | | | |
| Ham (New style) | 300 | 15 | |
| Ham (New style) Half | 300 | 18-20 | |
| Ham Butts | 300 | 35-40 | |
| <u>POULTRY</u> | | | |
| <u>Chicken</u> | | | |
| Stuffed 3-4 lbs | 350 | 45-40 | |
| Stuffed 4-5 lbs | 350 | 40-35 | |
| Stuffed over 5 lbs | 325 | 35-30 | |
| <u>Turkey</u> | | | |
| 8-10 lbs | 325 | 25-20 | |
| 10-14 lbs | 325 | 20-18 | |
| 14-18 lbs | 300 | 18-15 | |
| 18-20 lbs | 300 | 15-13 | |
| <u>Goose</u> | | | |
| 10-12 lbs | 325 | 30-25 | |
| <u>Duck</u> | | | |
| 5-6 lbs | 350 | 35-30 | |

-E-

COOKING TERMS

AU JUS: With Natural gravy.

ASPIC: This denotes a savory jelly made from stock or from tomato juice with gelatin.

AU GRATIN: Means covered with cheese or crumbs or both and baked.

BASTE: To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER: Until a fork or skewer can easily be inserted.

BLEND: To mix well.

BISQUE: A white soup made of shell fish.

BOUILLON: A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

CAFE AU LAIT: Equal parts of coffee and milk.

CANAPE: Small open appetizer, served as first course.

CHARLOTTE: A pudding made of bread or cake covered with fruit or gelatin.

CHILL: To place food in the refrigerator until cold, not frozen.

CREAM: To mix shortening in bowl until it is soft and light.

CROQUETTES: A savory mince of meat or fish made with a sauce into shapes.

CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

ENTREE: A light dish served between courses at dinner.

FONDUE: A light preparation of cheese and eggs.

FRAPPE: Partly frozen.

FRICASSEE: A dish of any boiled meat served in a rich milk sauce.

GLAZE OR GLACE: Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

HORS D'OEUVRES: Appetizing side dishes such as olives, radishes, celery and pickles.

JULIENNE: Cut in fine strips or strings.

-F-

COOKING TERMS

KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

MARINATE: To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

PIQUANT: A sharp sauce.

PURÉE: Food boiled to a pulp and put through a sieve.

SAUTE: To cook gently in a small amount of fat.

SCALD: To heat milk product until scum forms over top (196°F - not boiling).

EMERGENCY SUBSTITUTIONS

Ingredient

Substitution

| | |
|--|---|
| 1 Tbsp cornstarch (for thickening) | 2 Tbsp flour (approximately) |
| 1 whole egg. | 2 egg yolks, plus 1 Tbsp water (in cookies, etc) 2 egg yolks (in custards and such mixtures) |
| 1 cup fresh sweet milk. | 1/2 cup evaporated milk plus 1/2 cup water powdered milk plus water (directions on package) 1 cup sour milk or buttermilk plus 1/2 tsp soda (decrease baking powder 2 tsp) |
| 1 cup sour milk or buttermilk | 1 Tbsp lemon juice or vinegar plus enough fresh sweet milk to make 1 cup |
| 1 square unsweetened chocolate (1 ounce) | 3 Tbsp cocoa plus 1/2 tsp shortening |
| 1 cup honey. | 3/4 cup sugar plus 1/4 cup liquid |
| 1 cup canned tomatoes | about 1-1/3 cups cut-up fresh tomatoes, simmered 10 minutes |

MISCELLANEOUS HINTS

To whiten laces, wash them in sour milk.

When ironing a man's shirt, button the sleeves together. That way they do not touch the floor.

Put a small amount of cologne in the water to be used for sprinkling clothes. Make ironing pleasant and freshens dresser drawers and closets.

If cottons scorch while ironing, plunge into cold water immediately and let stand 24 hours. The scorched areas will disappear.

When storing linens, leave them unstarched as the starch rots them.

Clothes do not freeze on wire clothesline if first wiped with kerosene cloth.

A little vinegar added to the water in which you rinse silk stockings will increase their elasticity and make them practically runproof.

To remove a scorch from clothing, rub with a lemon and put in the sun.

When ironing pockets in little girls' dresses, if the pockets are fancy, gathered, or smocked type, stuff them with soft tissue paper before ironing and you'll be delighted with the professional results.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Keep a wet sponge handy when ironing. It's just the thing to dampen any spots which have dried out.

Sprinkle clothes right on the line if you have a garden hose (turn on fine spray). Roll clothes as you take them down.

When you recover your ironing board, first cold starch the cloth and then tack it on while it is damp. It will be perfectly smooth and tight and will stay clean for a much longer time.

Insert a teaspoon in the toe of your nylons when hanging them on the line to prevent blowing and snagging.

After washing cotton or silk gloves, rinse them by holding them under the cold water faucet so the fingers are inflated with water. Then let them drip dry on the same line and they will dry without twisted fingers.

TAKE TIME FOR 10 THINGS

1. Take time to Work - it is the price of success.
2. Take time to Think - it is the source of power.
3. Take time to Play - it is the secret of youth.
4. Take time to Read - it is the foundation of knowledge.
5. Take time to Worship - it is the highway of reverence and washes the dust of earth from our eyes.
6. Take time to Help and Enjoy Friends - it is the source of happiness.
7. Take time to Love - it is fundamental to life.
8. Take time to Dream - it hitches the soul to the stars.
9. Take time to Laugh - it is the singing that helps with life's loads.
10. Take time to Plan - it is the secret of being able to have time to take time for the first nine things.



COOKIES

SUGAR COOKIES (Nancy Parzych)

| | | | |
|--------------------|---|-------|---------------------------|
| 1 cup oleo | } | Cream | 1 teaspoon soda |
| 2 cups sugar | | | 2 teaspoons baking powder |
| 4 eggs | | | 1 teaspoon salt |
| 4 tablespoons milk | | | 1 teaspoon nutmeg |
| 4 cups flour | | | 2 teaspoons vanilla |

Drop on greased cookie sheet. Pat out with bottom of sugared cup. Bake at 400°. Aprox. 10 minutes.

CHOCOLATE CHIP COOKIES (M. Sargent)

| | | | | | |
|---------------------|---|-------|---------------------|---|------------------------|
| 1 cup margarine | } | Cream | 2 eggs | } | Add to creamed mixture |
| 3/4 cup brown sugar | | | 1 teaspoon soda | | |
| 3/4 cup white sugar | | | 1 teaspoon salt | | |
| | | | 2 teaspoons vanilla | | |

Add 3 cups flour, gradually. Add 6-oz package chocolate chips (full bag) and 1 cup nuts, if desired. Bake at 350° for 8-10 minutes (or until done) on lightly greased cookie sheet.

STONE JAR MOLASSES COOKIES (Linda Adkins)

1/2 cup Crisco
1 cup molasses
1 teaspoon ginger
1 teaspoon soda
2-1/2 cups flour

Combine all ingredients. Drop onto cookie sheet and bake at 350° for 10 minutes.
NOTE: Recipe over 100 years old!

(COOKIE PRESS) X-MAS TREES (Betty Aldrich)

OVEN: 400° 10-12 minutes

| | |
|-------------------------|---------------------------------------|
| 1 cup oleo | 1/8 teaspoon salt |
| 3/4 cup white sugar | 1/4 teaspoon baking powder |
| 1 egg | 1 teaspoon almond extract or vanilla, |
| 2-1/4 cups sifted flour | orange, lemon, mint, anise, etc* |
| vegetable cake coloring | |

Cream shortening, add sugar gradually. Add unbeaten egg, flavoring and coloring. Beat well. Sift dry ingredients together and add to above mixture. Fill press and press onto ungreased cookie sheet. This batter can be placed in foil, waxed paper or plastic and refrigerated if desired.

*Certain flavorings must be used more sparingly than others. "Season to taste" is a good rule here. Watch carefully in oven. These are rich and burn easily.

DOLL HOUSE COOKIES (Reva Whitford)

| | |
|---|-----------------------------------|
| 1/2 cup butter, margarine or shortening | 1/2 teaspoon soda |
| 1/2 cup granulated sugar | 1/2 teaspoon salt |
| 1/4 cup brown sugar | 1 6-oz package (1 cup) semi-sweet |
| 1 cup sifted all-purpose flour | chocolate pieces |
| 1 egg | 1/2 cup chopped walnuts |
| 1 teaspoon vanilla | 1/4 cup candied fruit |

CONTD

COOKIES

ROLL HOUSE COOKIES (Jenta)

Cream together butter and sugars. Add egg; beat well. Sift together dry ingredients; stir into creamed mixture blending well. Add the chocolate pieces, nuts, vanilla and 1/4 cup candied fruit. Drop from teaspoon 2" apart onto greased cookie sheet. Dot with additional chocolate pieces. Bake in moderate oven (375°) 10-12 minutes. Makes about 3-1/2 dozen cookies.

POTATO CHIP COOKIES (Marylou Driscoll)

| | |
|--------------------------------|------------------------|
| 1 cup shortening | 2 eggs |
| 1 cup white sugar | 1 teaspoon baking soda |
| 1 cup brown sugar | 2 cups sifted flour |
| 1-1/2 cup crushed potato chips | |

Mix everything together and drop onto ungreased cookie sheet. Drop by teaspoonful full because they spread. Bake at 375° for 10 minutes.
Good way to get rid of stale potato chips!

MM COOKIES (BACP) (Phyllis Briggs)

| | |
|--------------------------------|----------------------|
| 1/2 cup Crisco | 1/2 cup brown sugar |
| 1/4 cup white sugar | 1/2 teaspoon vanilla |
| 1/4 teaspoon water | 1 egg |
| 1 cup plus 2 tablespoons flour | 1/2 teaspoon soda |
| 3/4 cup MM candies | |

Bake in 375° oven for 10-12 minutes.

CHOCOLATE COOKIES - NO BAKE

2 cups white sugar
2 tablespoons cocoa
1 stick butter or oleo
1/2 cup milk
A little salt

Put in a saucepan and bring to a rolling boil. Boil 1 minute. Remove from fire and add one teaspoon vanilla and 1 cup peanut butter and 3 cups quick rolled oats. Drop by teaspoon on wax paper. Add nut meats if desired.

MM BATTLES (Christmas Cookies) (Katherine Wilson)

1-1/2 cups flour
3 tablespoons butter
3/4 cup sugar
1 egg beaten
1 teaspoon almond or lemon extract

Sift flour and measure and cream butter into it. Add 1/4 cup of sugar to the flour and butter mixture. Beat eggs and add to remaining 1/2 cup of sugar. Add to the first mixture. Stir in the lemon or almond extract. (I prefer lemon). Form into balls the size of a walnut and roll in red sugar. Bake in greased tin 2 inches apart at 350° for about 20 minutes. Yields about 24 cookies.

COOKIES

PEANUT BUTTER-MARSHMALLOW SQUARES (Ardell Sunley)

1 cup peanut butter
1 large package miniature marshmallows (colored)
2 6-oz packages butterscotch chips
1 cup walnuts, chopped
1 cup desiccated coconut

Melt chips and peanut butter in double boiler. Mix well and cool slightly. Put marshmallows, nuts and coconut in bowl. Add melted mixture and mix well. Pack in greased pan. Half of recipe makes an 8" x 8" pan.

PINEAPPLE COOKIES (Judy Marshall)

| | |
|-------------------------|--------------------|
| 1 cup white sugar | 4 cups flour |
| 1 cup brown sugar | 1 teaspoon soda |
| 1 cup shortening | 1/2 teaspoon salt |
| 2 eggs | 1 cup chopped nuts |
| 1 cup pineapple & juice | |

Combine and sift together dry ingredients. Cream shortening and sugars; add eggs. Beat eggs into mix well. Add pineapple alternately with dry ingredients. Add nuts. Spoon onto greased cookie sheet. Bake at 350° about 10-15 minutes.

BROWNIES (Sharon Gross)

| | |
|-----------------------|------------------------------|
| 1 cup sifted flour | 1/2 cup butter or shortening |
| 1 egg | 1/2 teaspoon salt |
| 1 cup chocolate syrup | 1/2 cup chopped nuts |
| 1/2 cup sugar | |

Mix egg, chocolate syrup and butter in bowl, mix well for at least 2 minutes. In another bowl, sift flour, sugar and salt. Stir dry mixture into wet and add nuts. Grease 8" or 9" square pan and pour brownie batter in pan. Bake for 30 minutes at 350°. Cool and cut into squares.

SURFER SQUARES (Jo Denton)

| | |
|----------------------------------|------------------------------|
| 1 6-oz package butterscotch bits | Sift together: 3/4 cup flour |
| 1/4 cup brown sugar | 1 teaspoon baking powder |
| 1/4 cup butter | 1/2 teaspoon salt |
| 1 egg | |
| 1 teaspoon vanilla | |
| 1 6-oz package chocolate bits | |
| 1 cup miniature marshmallows | |
| 1/2 cup chopped walnuts | |

Melt sugar, butterscotch bits and butter over medium heat. Remove from heat. Add egg. Beat. Blend in flour mixture and vanilla. Stir in chocolate bits, nuts and marshmallows. Bake in 8" square pan at 350° for 20-25 minutes. Cool completely before cutting.

COOKIES

PIEAFFLE SAUCES (Marlene Lashley)

| | |
|--------------------------------|---|
| 2 cups sifted flour | 1/2 cup butter |
| 1 teaspoon baking powder | 1/2 cup firmly packed light brown sugar |
| 1/2 teaspoon baking soda | 1 egg |
| 1/3 teaspoon salt | 1 teaspoon orange extract |
| 1/2 cup chopped nuts | 1/4 teaspoon lemon extract |
| One 9-oz can crushed pineapple | 1/4 cup sugar |

Sift first four ingredients into medium-size bowl; stir in 1/4 cup of nuts. Drain syrup from pineapple into cup. Cream butter with brown sugar until fluffy light in a large bowl; beat in egg and orange and lemon extracts. Stir in flour mixture a third at a time, adding alternately with pineapple and 2 tablespoons of the syrup, and blending well to make a soft dough. Drop by rounded teaspoonfuls 1" apart onto greased cookie sheets; spread each into a 1" round. Sprinkle lightly with granulated sugar and remaining nuts. Bake in moderate oven (350°) 10 minutes or until firm and delicately golden at edges. Remove carefully from cookie sheets; cool on wire racks.

COCCA CANDY COOKIES (Reva Whitford)

| | |
|---------------------|-----------------|
| 2 cups white sugar |) Boil 1 minute |
| 4 tablespoons cocoa | |
| 1/4 cup butter | |
| 1/2 cup milk | |

Quickly stir in: 3 cups quick oats
1/2 cup peanut butter
1 teaspoon vanilla

Drop at once onto wax paper.

PEANUT BUTTER SWIRL COOKIES (Mrs. Curt Meyer)

| | |
|-------------------------------|------------------------------|
| 1/2 cup shortening | 1-1/4 cups flour |
| 1 cup sugar | 1/2 teaspoon salt |
| 1 egg | 1/2 teaspoon soda |
| 2 tablespoons milk | 6-oz package chocolate chips |
| 1/2 cup crunchy peanut butter | |

Cream first five items and add dry ingredients. Place on slightly floured board rolling out to 1/4" thick. Melt chocolate chips and cool slightly. Spread on dough and roll like a jelly roll. Divide dough into two parts and chill 1/2 hour. Cut and bake 10 minutes at 375°.

CHOCOLATE COOKIES (Lillie Henry)

| | |
|-------------------------------------|--------------------|
| 2 cups white sugar | 1 cup shortening |
| 1 cup cocoa (sift) | 1 egg |
| Salt | 1 cup sour milk |
| 1 teaspoon soda | 1 teaspoon vanilla |
| About 3 cups flour (enough to drop) | |
| Add salted peanuts as desired. | |

Combine all ingredients and drop on greased cookie sheet. Bake 350°- 8-10 minutes.

COOKIES

MOLASSES COOKIES (Willoween Smith)

| | |
|---------------------------------------|---------------------|
| 3/4 cup shortening (I use Mazola oil) | 2 cups flour |
| 1 cup sugar | 1/2 teaspoon cloves |
| 1/4 cup molasses | 1/2 teaspoon ginger |
| 1 egg | 1 teaspoon cinnamon |
| 2 teaspoons soda | 1/2 teaspoon salt |

Melt shortening, let cool. Add sugar, molasses and egg. Sift together flour, soda, cloves, ginger, cinnamon and salt; add to first mixture. Mix well and chill. Form in 1" balls, roll in granulated sugar and place on greased cookie sheet. Bake at 375° 8-10 minutes.

CRY BABIES (Maxine Welch)

| | |
|-------------------------|---------------------|
| 1 cup sugar | 1 teaspoon salt |
| 1 cup melted shortening | 1 teaspoon ginger |
| 2 eggs | 1 teaspoon cinnamon |
| 1 cup molasses | 4-1/2 cups flour |
| 1 tablespoon vinegar | 2 teaspoons soda |

Mix all together and last add 1 cup coffee. Mix with other ingredients. Bake at 400° for 10-12 minutes.

FROSTY FRUIT BARS (Betty Aldrich)

OVEN: 400° 10-12 minutes

| | |
|-------------------------------|---------------------------|
| 1/2 cup shortening |) Mix together thoroughly |
| 1 cup sugar | |
| 1 egg | |
| 1 teaspoon grated orange rind | |

Stir in: 1/4 cup orange or pineapple juice

Sift together and stir in: 2-1/2 cups flour
1 teaspoon soda
1/2 teaspoon each salt, cinnamon and nutmeg

Mix in: 1 cup raisins
1 cup candied fruits
1/2 cup chopped nuts

Divide dough in half - roll each half into rectangle 7" x 12" - Cut into six 2" x 7" strips. Bake on greased cookie sheet. Frost while warm with confectioners sugar frosting and decorate with candied fruit if desired. Cut bars into strips of desired size.

CHOCOLATE OATMEAL COOKIES (NO BAKE) (Cindy Gostola)

| | |
|--------------|---------------------|
| 1 stick oleo | 4 tablespoons cocoa |
| 2 cups sugar | 1/2 cup milk |

Place in pan over heat stirring constantly and bring to boil. Boil until sugar dissolves. Take off heat!!

Add: 1 teaspoon vanilla 1/2 cup coconut (optional)
3 cups oatmeal

COOKIES

CHOCOLATE SANDWICH COOKIES (NO BAKE) (Contd)

Mix well and drop by teaspoons onto wax paper. Ready to eat in minutes.

PEANUT BUTTER COOKIES (Reva Whitford)

| | |
|------------------------------|----------------------------|
| 1/2 cup butter or shortening | 3/4 teaspoon soda |
| 1/2 cup peanut butter | 1/2 teaspoon baking powder |
| 1/2 cup white sugar | 1/4 teaspoon salt |
| 1/2 cup brown sugar | 1 egg, well beaten |
| 1-1 1/4 cup flour | |

Cream butter and peanut butter together, add sugar gradually and cream thoroughly. Add well beaten egg to creamed mixture. Sift flour, soda, baking powder and salt together and add to creamed mixture. Chill dough well. Then form into balls the size of walnuts. Place balls on lightly greased baking sheets. Flatten with fork dipped in flour making crisp, crease pattern. Bake 10-12 minutes at 375°. Makes 4 dozen.

SPRINGERLE'S (Marge Harris)

| | |
|-----------------------------------|---------------------------------------|
| 3 large eggs (room temperature) | 4 tablespoons milk (room temperature) |
| 2 pounds 10X sugar | 2 teaspoons vanilla |
| 4 scant tablespoons melted butter | 2/3 teaspoon anise oil |

Start with: (More flour to be mixed in)
4 cups flour
1 teaspoon cream of tartar
2 heaping teaspoons baking powder
1/2 teaspoon salt

Beat eggs in large bowl of mixer for 5 minutes. Add 1 pound 10X sugar, then melted butter, milk, vanilla and anise oil and other pound sugar. Beat 5 minutes more. Shut off mixer. Stir in flour mixture. Add enough more flour until dough is rather stiff. Divide dough into 3 parts and mix each until very stiff. Roll out 1/4" thick on floured board and sprinkle flour on top. Press with springerle press or pin. Cut apart with crinkle wheel. Place on waxed paper or board or cookie sheet which has been sprinkled with anise seed. Place springerle's so they don't touch and set in a cold spot like a porch or cold room overnight to dry without rising. Next morning put springerle's on greased cookie sheet and space about 1/4" apart. Bake in 325° oven 10-12 minutes until slightly tan on top. Grease pan after each batch. Remove to wax paper until cool. Store in a covered container.

CHOCOLATE COOKIES (Henry Blubaugh)

| | |
|-----------------------|---------------------------------------|
| 1/2 cup butter | 2 cups brown sugar, firmly packed |
| 2 eggs | 2 cups plus 1 tablespoon sifted flour |
| 1/2 cup baking powder | 1/2 cup chopped nuts |
| 1/2 teaspoon salt | 2 teaspoons vanilla |

Melt butter, add sugar and eggs. Blend in eggs. Add remaining ingredients. Bake in 9" x 13" pan. Bake at 325° about 30 minutes.

COOKIES

SEVEN LAYER COOKIES (Joette Long)

Layer in 9" x 13" pan:

1 stick oleo, melted
1 cup graham cracker crumbs
1 small package (6-oz) butterscotch chips
1 small package (6-oz) chocolate chips
1 cup coconut
1 can Eagle brand milk
1 cup chopped nutmeats

Bake at 350° for 35 minutes. Cut into squares.

BLONDE BROWNIES (Mrs. Curt Meyer)

| | | |
|----------------|--------------------------|----------------------------|
| Sift together: | 1 cup flour | 1/2 teaspoon baking powder |
| | 1/8 teaspoon baking soda | 1/2 teaspoon salt |

Add: 1/2 cup chopped nuts

Set aside.

Melt: 1/3 cup butter

Mix in: 1 cup firmly packed brown sugar

Cool

Stir in: 1 egg slightly beaten
1 teaspoon vanilla

Add dry ingredients slowly, mixing well. Spread in greased pan. Sprinkle 1/2 package chocolate chips over top. Bake at 350° 20-25 minutes. Makes 24 bars.

FROSTED DATE BALLS (Linda Adkins)

| | |
|-----------------------------|-----------------------|
| 1-1/4 cup flour | 1 tablespoon milk |
| 1/4 teaspoon salt | 1 teaspoon vanilla |
| 1/3 cup confectioners sugar | 2/3 cup chopped dates |
| 1/2 cup butter | 1/2 cup chopped nuts |

Combine flour and salt - sift twice. Cream butter and vanilla and stir in flour. Blend in dates and nuts. Roll in 1" balls. Place 3" apart on ungreased cookie sheet. Bake at 300° for 20 minutes. While still warm, roll in confectioners sugar.

COOKIES

LEMON CHEESE PRESSES COOKIES (Penny Smeltzer)

| | |
|-------------------------------|------------------------------|
| 1 cup butter or margarine | 1 tablespoon lemon juice |
| 1 package cream cheese (3-oz) | 1 teaspoon grated lemon rind |
| 1 cup sugar | 2-1/2 cups flour |
| 1 egg, beaten | 1 teaspoon baking powder |

Blend butter and cream cheese. Add sugar; cream thoroughly. Add egg, lemon juice, and rind; blend well. Measure flour by dipping measuring cup into flour and leveling off; do not tap or shake flour down into measuring cup. Blend flour and baking powder. Add to cream and cheese mixture; mix thoroughly. Chill dough for 30 minutes. Heat oven to 375°. Force dough through cookie press on ungreased cookie sheet. Bake 8-10 minutes or until slightly browned. Makes 5 dozen 2" cookies.

HOMESTEADERS (Senta Garrison)

| | |
|---------------------------------|---------------------------------------|
| 3 cups sifted all-purpose flour | 1 cup melted butter (I use margarine) |
| 1/2 teaspoon salt | 1 cup firmly packed brown sugar |
| 1/2 teaspoon baking soda | 1 well-beaten egg |
| 1-1/2 teaspoons cinnamon | 1/2 cup chopped pecans |

Sift together flour, salt, soda and cinnamon. Combine the butter, sugar and egg mixing thoroughly. Blend in the dry ingredients and nuts. Press into refrigerator trays lined with wax paper. Use a large enough piece of paper so it extends over the ends of the dough and can be used to lift the dough out of the pan. Chill dough for 1/2 hour in the freezer or overnight in the refrigerator. When ready to bake, cut dough into 1/4" thick slices and place on ungreased cookie sheet. Bake in 375° oven for 10-12 minutes. Cool and frost if desired. Place cookies side by side on wax paper and pour frosting back and forth over the cookies. Yields four and a half dozen. Unbaked dough keeps for weeks in the refrigerator.

Frosting 2 tablespoons melted butter (I use margarine)
1 cup sifted confectioners sugar
1 teaspoon vanilla
2-3 tablespoons warm milk

In a small pitcher combine butter, sugar and vanilla. Add the warm milk until the mixture is of pouring consistency.

COCONUT AND ROLLED OAT COOKIES (W. W. Primm)

| | |
|------------------------------------|--------------------------|
| 1 cup butter | 1 teaspoon baking powder |
| 2 cups brown sugar (firmly packed) | 1 teaspoon salt |
| 2 eggs | 1 teaspoon vanilla |
| 2 cups flour | 2 cups quick oats |
| 2 teaspoons soda | 2 cups coconut |

Cream sugar and shortening. Add eggs and mix well. Add coconut, oats and mix. Add sifted flour, soda, baking powder, salt and vanilla. Mix well. This makes a very stiff batter. Place in ice box to chill. Shape in balls the size of a walnut and bake at 325° for 12 minutes. Will make approximately 75 cookies.

COOKIES

DATE SWIRLS (Reva Whitford)

| | |
|---------------------|----------------------------|
| 1/2 cup butter | 2 cups sifted flour |
| 1/2 cup brown sugar | 1/2 teaspoon soda |
| 1/2 cup white sugar | 1/2 teaspoon salt |
| 1 egg, beaten | 1/2 teaspoon lemon extract |

Cream butter; add brown and white sugar, and mix until light and fluffy. Stir in egg and blend well. Add sifted dry ingredients; mix until smooth. Blend in lemon extract. Roll dough into rectangle 12" x 18" and 1/4" thick. Spread with date filling and roll up like a jelly roll. Chill for one hour. Cut into 1/4" slices. Place on greased cookie sheet 15-1/2" x 12". Bake in moderate oven (350°) 12-15 minutes.

Filling: 1 pound pitted dates, cut in small pieces
1/2 cup water
1/2 cup granulated sugar

Cook for 3 minutes, stirring constantly. Add 1 cup chopped nuts.

EASY FILLED DROPS (Elvera Baker)

| | |
|--|-------------------------|
| 1 cup soft shortening | 1 teaspoon vanilla |
| 2 cups brown sugar (packed) | 3-1/2 cups sifted flour |
| 2 eggs | 1 teaspoon salt |
| 1/2 cup water, sour milk or buttermilk | 1 teaspoon soda |
| | 1/8 teaspoon cinnamon |

Heat oven to 400°. Mix well shortening, sugar, eggs. Stir in water, vanilla. Sift together and stir in flour, soda, salt, cinnamon. Drop with teaspoon onto greased baking sheet. Place 1/2 teaspoon date filling (below) on dough, cover with 1/2 teaspoon dough. Bake 10-12 minutes. Makes 5-6 dozen.

Date Filling: Cook until thick, stirring constantly, 2 cups (1 pound) dates, (cut small), 3/4 cup sugar and 3/4 cup water. Add 1/2 cup chopped nuts. Cool.

CHRISTMAS JEWEL COOKIES (Rita Eder)

| | |
|--------------------------------------|------------------|
| Mix together: 1/3 cup oleo, softened | 1/2 cup molasses |
| 1/4 cup sugar | 1 egg |

| | |
|---------------------------------|-----------------------|
| Sift together: 1-1/2 cups flour | 1 teaspoon mace |
| 1/2 teaspoon soda | 1 teaspoon nutmeg |
| 1/4 teaspoon salt | 1/4 teaspoon ginger |
| 1 teaspoon cinnamon | 1/4 teaspoon allspice |

Combine with oleo mixture.

Stir in 2-1/2 cups mixed candied fruit and 2 cups chopped nutmeats. Drop by tablespoonful on cookie sheet. Bake at 350° about 10 minutes.

COOKIES

POLISH RAKE COOKIES - CROSTKI (Lovers Knots) (Rose Stankiewicz)

| | |
|---------------------|----------------------|
| 5 eggs | 2 tablespoons butter |
| 2 teaspoons vanilla | 1/2 cup sugar |
| 2-1/2 cups flour | 1/2 teaspoon salt |

Sift the flour, sugar and salt together. Cut in butter. Add vanilla to the eggs and beat until light and frothy. Mix good into flour mixture. (If eggs are large, add just enough more flour so dough can be handled.) Knead on lightly floured board for 3 minutes. Roll dough about 1/8" thick and cut with floured knife into strips 1-1/2" wide and 4" long. Make slash 1" long in center of each piece. Lift and carefully slip one end through the slit. This forms the knot. Drop the knots carefully into deep fat 375° for one minute. Do not crowd. Fry until light golden brown on one side. Turn and fry the other side. Drain on brown paper. When cool, toss in bag with 4X sugar. Makes 3 dozen. "Very delicious" "Fragile"

DOUBLE PEANUT BUTTER COOKIES (Mary Raser)

| | |
|--------------------------|------------------------------|
| 1-1/2 cups sifted flour | 1/2 cup shortening |
| 1/2 cup granulated sugar | 1/2 cup creamy peanut butter |
| 1/2 teaspoon soda | 1/4 cup light corn syrup |
| 1/4 teaspoon salt | 1 tablespoon milk |

Sift together dry ingredients. Cut in shortening and peanut butter till mixture resembles coarse meal. Blend in syrup and milk. Shape into 2" roll and chill. Slice 1/8 to 1/4" thick. Place half the slices on ungreased cookie sheet; spread each with 1/2 teaspoon peanut butter. Cover with remaining slices; seal edges with fork, and bake at 350° for about 12 minutes. Cool slightly; remove from sheet. Makes about 2 dozen.

DUNCAN HINES SWISS CHOCOLATE CHIP COOKIES (Shirley Wood)

| | |
|--------------------------------|----------------------------------|
| 1 box Swiss Chocolate cake mix | 6-oz or 1 cup of chocolate chips |
| 1/2 cup Crisco | 1/2 cup chopped nuts |
| 2 eggs | |

Mix together and drop on cookie sheets. Bake at 350° for 10-12 minutes. Let cool 1 or 2 minutes before taking off cookie sheet. Bake cookies on an ungreased pan.

PLUMP MOLASSES COOKIES (Maxine Boone)

| | |
|--------------------------|----------------------------|
| 1/2 cup shortening | 1 teaspoon cinnamon |
| 1/2 cup sugar | 3/4 teaspoon ground cloves |
| 1 egg | 1/2 teaspoon ginger |
| 1 cup dark molasses | 2 teaspoons baking soda |
| 1 tablespoon lemon juice | 1/2 teaspoon salt |
| 3-1/2 cups sifted flour | 1/3 cup boiling water |

Cream shortening and sugar together; beat in egg. Add molasses and lemon juice and blend well. Mix dry ingredients and add to creamed mixture. Add boiling water and mix. Chill thoroughly. Drop by teaspoonfuls on greased cookie sheets. Sprinkle with sugar and put a dot of jam or jelly in the center of each cookie. Bake in moderate oven (350°) about 8-10 minutes. Using a

CONTD

COOKIES

PLUMP MOLASSES COOKIES (Contd)

scant tablespoon of cookie dough and then baking about 15 minutes makes a nicer size cookie, I think.

NOTE: Watch them closely and take them out of the oven when they seem almost a little sticky in the center. They are a soft cookie and you can overbake them easily.

DOUBLE CHOCOLATE NUGGETS (Rose Stankiewicz)

| | |
|--|--|
| 1 package Duncan Hines Swiss Chocolate Deluxe Cake Mix | 2 eggs |
| 1/2 cup cooking oil | 1 cup (6-oz package) semi-sweet chocolate pieces |
| | Pecan halves, if desired |

Preheat oven to 350°. Blend cake mix, oil and eggs. Stir in chocolate pieces. Drop from a teaspoon onto an ungreased cookie sheet. If desired, top each cookie with a pecan half. Bake at 350° for 10-12 minutes, until cookie tests done with a toothpick. Cool on cookie sheet for about 1 minute, then remove to rack to finish cooling. Makes 4-5 dozen 2-1/2" cookies.

TROPICAL BANANA COOKIES (Rose Stankiewicz)

| | |
|---|--|
| 1 package Duncan Hines Banana Supreme Deluxe Cake Mix | 1 egg |
| 1/4 cup cooking oil | 3/4 cup mashed ripe bananas (2 medium bananas) |
| | Pecan halves, if desired |

Preheat oven to 350°. Combine all ingredients and mix well. Drop from a teaspoon onto an ungreased cookie sheet. If desired, top each cookie with a pecan half. Bake at 350° for 10-12 minutes, until golden. Cool on cookie sheet for about 1 minute, then remove to rack to finish cooling. Makes about 4 dozen 2-1/2" cookies.

CHERRY DROP COOKIES (Rose Stankiewicz)

| | |
|---|--|
| 1 package Duncan Hines Cherry Supreme Deluxe Cake Mix | Few drops red food coloring if desired |
| 1/2 cup cooking oil | 1 cup chopped nuts |
| 2 tablespoons water | Quartered maraschino cherries |
| 2 eggs | |

Preheat oven to 350°. Blend cake mix, oil, water, eggs and food coloring if desired. Stir in nuts. Drop from a teaspoon onto an ungreased cookie sheet. Top each cookie with a quarter of maraschino cherry. Bake at 350° for 10-12 minutes. Cool on cookie sheet for about 1 minute, then remove to rack to finish cooling. Makes 4-5 dozen 2-1/2" cookies.

COOKIES

PEANUT BUTTER COOKIES (Rose Stankiewicz)

| | |
|--|---------------------|
| 1 package Duncan Hines Yellow Deluxe Cake Mix | 1/2 cup cooking oil |
| 1 cup peanut butter | 2 tablespoons water |
| | 2 eggs |

Preheat oven to 350°. Combine all ingredients and mix well. Drop from a teaspoon onto an ungreased cookie sheet. Press a criss-cross on each cookie with fork prongs that you have dipped in water. Bake at 350° for 10-12 minutes, until golden. Cool on cookie sheet for about 1 minute, then remove to rack to finish cooling. Makes 4-5 dozen 2-1/2" cookies.

OLD FASHIONED OATMEAL COOKIES (Rose Stankiewicz)

| | |
|---|--------------------------|
| 1 package Duncan Hines Spice Deluxe Cake Mix | 1/2 cup milk |
| 2 cups uncooked rolled oats | 2 cups raisins |
| 2 eggs | 1 cup chopped nuts |
| 3/4 cup cooking oil | 1/4 cup dark brown sugar |

Preheat oven to 350°. Combine all ingredients and mix well. Drop from a teaspoon onto an ungreased cookie sheet. Bake at 350° for 10-12 minutes, until cookie tests done with a toothpick. Cool on cookie sheet for about 1 minute, then remove to rack to finish cooling. Makes about 4 dozen 2-1/2" cookies.

MRS. AMERICA CUPCAKES (Richard Kulas)

3 egg whites) Beat and set aside

| | |
|----------------------------|---------|
| 1 cup butter (2 sticks) |) Cream |
| 2 cups confectioners sugar | |
| 2 squares melted chocolate | |
| 3 egg yolks | |
| 1 teaspoon vanilla |) |

Add egg whites and nuts

Sprinkle graham cracker crumbs on bottom and on the top of this mixture in paper muffin cups. Place in refrigerator.



CAKES & FROSTINGS

HOLIDAY FRUIT CAKE (DARK)

| | |
|------------------------------|-------------------------------|
| 20-oz Kresge Extra Fancy Mix | 1/2 cup honey |
| 8-oz candied cherries | 5 well beaten eggs |
| 6-oz pitted dates | 1-1/2 cups sifted flour |
| 4-oz raisins | 1 teaspoon salt |
| 4-oz walnut meats | 1 teaspoon baking powder |
| 4-oz pecan meats | 1 teaspoon allspice |
| 1/4 cup sifted flour | 1/2 teaspoon nutmeg |
| 1 cup shortening | 1/2 teaspoon cloves |
| 1/2 cup sugar | 1/4 cup orange or grape juice |

Halve cherries, nut meats and dates. Dredge fruits and nuts in 1/4 cup of flour. Cream shortening and sugar; add honey and eggs and beat well. Sift second amount of flour with dry ingredients and add alternately with fruit juice to creamed mixture. Beat thoroughly. Pour batter over floured fruits and mix well. Line two greased 3-1/2" x 7-1/2" loaf pans with waxed paper, allowing 1/2" to extend above all sides of pan. Pour batter into pans - do not flatten. Bake in slow oven (250°) approximately 3 hours.

Place pan containing 2 cups water on bottom shelf while baking. Cakes baked with water have greater volume, moist texture and a smooth, shiny glaze. If decoration of nuts and cherries is used, place on cake at end of 2 hours. Store in a covered container in a cool place. This recipe makes about 5 pounds.

HOLIDAY FRUIT CAKE (LIGHT)

| | |
|------------------------------|------------------------------|
| 2/3 cup butter or shortening | 1 teaspoon baking powder |
| 2/3 cup granulated sugar | 2 teaspoons cinnamon |
| 2 eggs-beaten | 1/2 teaspoon baking soda |
| 1 cup water or fruit juice | 2 lbs Kresge Extra Fancy Mix |
| 1/4 cup honey | 1 cup raisins |
| 2 cups sifted flour | 1/2 cup pecans or almonds |
| 1/2 teaspoon salt | 1 cup sifted flour |
| 1/2 teaspoon nutmeg | |

Cream butter and sugar well. Add eggs and mix together. Add water (or fruit juice) and honey, mixing well. Sift dry ingredients and add to above. Mix well. Mix one cup of sifted flour with the fruit and nuts and add to batter. Line two greased 3-1/2" x 7-1/2" loaf pans with waxed paper, allowing 1/2" to extend above all sides of pan. Pour batter into pans - do not flatten. Bake at 275° for 1-1/2 to 2 hours.

Place pan containing 2 cups water on bottom shelf while baking. Cakes baked with water have greater volume, moist texture and a smooth, shiny glaze. If decoration of nuts and cherries is used, place on cake at end of 2 hours. Store in a covered container in a cool place. This recipe makes about 4-1/2 pounds.

MOLASSES CAKE

| | |
|-------------------|------------------|
| 1 egg beaten | 1/2 cup molasses |
| 1 cup sugar | 1 cup flour |
| 1/4 teaspoon salt | 1 teaspoon soda |
| 1 cup sour cream | |

Mix and bake at 350° for 20 minutes.

CAKES & FROSTINGS

UPSIDE-DOWN ICE CREAM CAKE (Vi Abbey)

- 1 (1 lb-14 oz) can fruit cocktail
- 1 quart vanilla ice cream softened
- 1 (8 or 9") round, baked chocolate cake layer

Drain fruit cocktail; spread on bottom of 8 or 9" cake pan. Spoon ice cream over fruit. Top with cake layer. Wrap in foil and freeze. To serve, unwrap and dip pan in warm water. Turn out onto serving plate. 6-9 servings. "Good to have for a quickie dessert when guests drop in."

CHOCOLATE CAKE (J. Riede)

- | | |
|-----------------------------------|--------------------|
| 1 cup salad dressing (mayonnaise) | 2 teaspoons soda |
| 1 heaping cup white sugar | 1/4 cup cocoa |
| 1 cup cold water | 1/4 teaspoon salt |
| 2 scant cups flour | 1 teaspoon vanilla |

Beat sugar and salad dressing, add water, sift flour, soda, salt, cocoa and vanilla. Bake at 250° for ten minutes then 300° for 25 minutes or until done.

MYSTERY MOCHA CAKE (Sharon Esch)

Grease 8" x 8" pan.

- | | |
|---------------------------|----------------|
| 1/4 cup white sugar |) Mix together |
| 1 cup flour | |
| 2 teaspoons baking powder | |
| 1/2 teaspoon salt | |

- | | |
|---------------------------------------|---|
| 1 square unsweetened baking chocolate |) Melt together and add with milk and vanilla to above dry mixture and place in greased pan |
| 2 tablespoons butter or margarine | |
| 1/2 cup milk | |
| 1 teaspoon vanilla | |

- | | |
|---------------------|----------------|
| 1/2 cup brown sugar |) Mix together |
| 1/2 cup white sugar | |
| 4 tablespoons cocoa | |

Sprinkle over the mixture already in pan.

Pour 1 cup coffee over all.

Bake at 350° for 40 minutes.

This cake goes great for company. It is better when warm and served with ice cream.

CHEESE CAKE (Mrs Edward Licking)

Using a 9" x 13" pan, combine: 2-1/2 cups graham crackers, 6 tablespoons sugar, 2/3 cup butter (melted). Put in pan and chill.

For filling: 8-oz cream cheese, sugar to taste, 1 large container of cool whip, vanilla. Fold in cream cheese and put on top of crust. Put 1 large can of cherry pie filling and 1 small can of cherry pie filling on top. Any fruit can be used.

CAKES & FROSTINGS

CHOCOLATE CHIP LOAF CAKE (Sylvia Pape)

- | | |
|---------------------|-----------------------|
| 1-3/4 cups flour | 1/2 cup margarine |
| 1 teaspoon soda | 1 cup sugar |
| 1 teaspoon salt | 2 eggs |
| 1/4 teaspoon cloves | 1 cup applesauce |
| 1/2 teaspoon mace | 1/2 cup raisins |
| 1 teaspoon cinnamon | 1/2 cup chopped nuts |
| 1/4 teaspoon nutmeg | 1 cup chocolate chips |

Sift together dry ingredients. Cream together shortening (margarine) and sugar, then add eggs - blend well. Add dry ingredients and applesauce to the creamed mixture. Blend until smooth. Stir in raisins, nuts and chocolate chips. Bake mixture in a greased 1 quart loaf pan that has been lined with wax paper. Sprinkle a few chocolate chips on top before baking.

Bake at 325° for approximately 1 hour 15 minutes.

PINEAPPLE CREAM CAKE (Genny Price)

- | | |
|---------------------------------------|-----------------------------|
| 1 box Jiffy yellow cake mix | 1 8-oz package cream cheese |
| 1 8-oz can crushed pineapple | 1 large container Cool Whip |
| 1 small package Jello Vanilla Pudding | |

Make cake mix as directed on box. Let cool. Next make pudding as directed on box. Let this also cool. Then add cream cheese and pineapple to pudding. Spoon pudding on top of cake. Last add Cool Whip. Place in refrigerator until ready to use. Serves 8-12.

TEXAS SHEET CAKE (Nancy Haven)

- | | |
|---------------------|------------------------|
| 2 sticks of oleo | 1/2 teaspoon salt |
| 4 tablespoons cocoa | 2 eggs |
| 1 cup water | 1/2 cup sour cream |
| 2 cups flour | 1 teaspoon baking soda |
| 2 cups sugar | |

Bring to boil oleo, cocoa and water. Add flour, sugar and salt. Mix together. Add eggs, sour cream and baking soda. Bake on cookie sheet with sides. Bake in oven 375° for 20-25 minutes. Frosting is put on as soon as it comes out of the oven.

Frosting: Bring to boil 1 stick of oleo, 4 tablespoons cocoa and 6 tablespoons milk. Add 1 lb of powdered sugar. Add 1 teaspoon vanilla, 1 cup of chopped nuts and 1 cup of coconut.

ANGEL FOOD DELIGHT (Jeanette Biela)

- 1 10-oz package frozen raspberries or strawberries
- 2 Angel Food cakes (tear into pieces - don't use brown part)
- 2 small whipping creams
- 1 small raspberry jello
- 1-1/4 cup boiling water

CONTD

CAKES & FROSTINGS

ANGEL FOOD DELIGHT (Contd)

Dissolve jello in water, add fruit and chill until partially set. Whip one of the whipping creams and fold into the chilled gelatin mixture. In another bowl, alternate handfuls of cake bits and 3 tablespoons of jello. Pour into a 9" x 13" pan or ring mold. Whip remaining carton of whipping cream, sweeten to taste and color, if desired, and use as frosting. Keep refrigerated.

ROLLED OATS CAKE (Henry Blubaugh)

| | |
|-------------------|-------------------|
| 1 cup brown sugar | 1 cup rolled oats |
| 1 cup flour | 1/4 cup butter |

Mix well and take out 1/2 cup crumbs. Then add 1 egg, 1 cup sour milk, 1 teaspoon soda and 1 teaspoon cinnamon. Pour into greased pan and sprinkle the crumbs on top with a little cinnamon. Bake slowly 325°. (8" x 8" pan). Double for big loaf pan (9" x 13"). Bake for 25 to 35 minutes and test-may take longer according to oven temperature difference.

DARK CHOCOLATE CAKE (Barbara Cheyne)

| | |
|---------------------------------|------------------------|
| 2 cups sifted flour | 3 egg yolks - unbeaten |
| 1/4 teaspoon soda | 1-3/4 cups milk |
| 4 squares unsweetened chocolate | 1 teaspoon vanilla |
| 1/4 cup butter or margarine | 1 teaspoon salt |
| 2 cups sugar | |

Sift flour and salt. Melt chocolate and shortening together over hot water. Cool to room temperature. When cooled, add sugar and mix well. Add egg yolks and 1 cup milk - blend. Add flour, mix until all flour is dampened. Add rest of milk, soda and vanilla; mix until well blended and smooth.

Bake in 2 round 9" layer pans for 30 minutes at 350° oven or in a 13" x 9" x 2" pan for 45 minutes.

SWISS CHERRY TORTE (Joan Withrow)

| | |
|------------------------------|--------------------------------|
| 1 box regular white cake mix | 1/2 cup finely chopped walnuts |
| 1 teaspoon almond extract | 2/3 cup grated coconut |

Mix cake mix according to directions on box and then add the 1 teaspoon almond extract and 1/2 cup walnuts. Sprinkle bottom of two 9" round cake tins with 1/3 cup of the grated coconut. Pour batter into the tins and sprinkle the other 1/3 cup coconut over top of batter. Bake according to directions on box of cake mix and let cool.

Filling and Frosting

| | |
|--------------------------|----------------------------------|
| 1 can cherry pie filling | 1/2 cup butter |
| 2 tablespoons flour | 1 cup sifted confectioners sugar |
| 1/2 cup milk | 1/4 teaspoon almond extract |

Blend flour with milk in small saucepan and cook over low heat stirring constantly until very thick. Cool completely. Cream butter and confectioners sugar together and add almond extract, beat until light and fluffy. Now add this to flour mixture and beat until smooth.

CONTD

CAKES & FROSTINGS

SWISS CHERRY TORTE (Contd)

Use 1/4 can of cherry pie filling as the filling between the 2 cake layers. Use the rest of the cherry filling on top of the cake spreading it out to within one inch of the edge of the cake.

Frost sides of cake and the one inch around the top of the cake and refrigerate.

CHEESE CAKE (Bernadette Matz)

Graham Nut Crust

| | |
|-----------------------------------|-----------------------|
| 2 cups fine graham cracker crumbs | 1/2 teaspoon cinnamon |
| 1/4 cup finely chopped walnuts | 1 cup melted butter |

Reserve 3 tablespoons mixture. Press remainder on bottom and 2-1/2 inches on sides of 9" spring-form pan.

Cake

| | |
|------------------------------|-----------------------------|
| 3 well-beaten eggs | 2 teaspoons vanilla extract |
| 2 8-oz packages cream cheese | 1/2 teaspoon almond extract |
| 1 cup sugar | 3 cups sour cream |
| 1/4 teaspoon salt | |

Combine: eggs, sugar, salt and extracts. Beat till smooth. Mix in cream cheese. Blend in sour cream. Pour into graham nut crust. Bake 375° for approximately 25 minutes. (If cake begins to crack, it is too well done). Chill well after cake cools.

WALDORF-ASTORIA CAKE (Marie Boyers)

Mix (set aside): 1 teaspoon vinegar
1 teaspoon soda

Measure: 1/2 cup shortening
1 teaspoon almond flavoring
1 teaspoon vanilla
1-1/2 cups sugar
2 oz red cake coloring
1 cup buttermilk
2 eggs

Sift: 2 cups cake flour
1 teaspoon salt
1 tablespoon cocoa

Cream shortening and sugar, add eggs, flavoring and coloring. Add buttermilk alternately with dry ingredients. Beat 4 minutes at medium speed, then fold in vinegar and soda with spatula. Bake at 350° for 25 minutes - till it springs back. Grease pans and flour.

Frosting: 1 cup milk
1/4 cup flour
Pinch of salt

CONTD

CAKES & FROSTINGS

WALNUT-AUTUMN CAKE (Contd)

Cake should be thick - LET GET COLD

1 cup granulated sugar
1/2 cup butter
1/2 cup Crisco

Beat at high speed until fluffy and add cooked mixture when cold. 1 capful vanilla. Beat at high speed again. Frost cake and cover with coconut if desired.

CALAI Iceberg Cake (Lelores Cotton)

1 cup sugar
1 cup salad dressing or mayonnaise
1 cup cold water

) Mix Together

2 cups flour
1/2 cup cocoa
1/2 cup soda
Pinch of salt

) Sift Together

Add to above: 1 teaspoon vanilla

Bake at 350° for 25-30 minutes.

CHOCOLATE ICE CAKE (Betty Finch)

1-1/2 cups cake flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon vanilla
1 cup chopped walnuts (about 2)
1/2 teaspoon salt

1/2 cup buttermilk
1/2 cup butter or margarine
1-1/4 cup sugar
2 eggs
1/4 teaspoon vanilla
3/4 cup chopped walnuts

cream sugar, shortening and eggs. Add dry ingredients with buttermilk and vanilla. Pour into greased floured tins (2-9" layer or 9" x 13" x 2"). Bake at 350° for 30 minutes.

Frost with Rum Butter Cream Frosting.

1/2 cup butter
1/2 cup 4X sugar
1/4 cup milk
1-1/2 teaspoon rum extract

CAKES & FROSTINGS

CHOCOLATE ICE BOX CAKE (Anne Horton)

1 package thin chocolate cookie wafers (one box serves approximately 6 people)
1 pint whipping cream (not in aerosol can)

Whip cream to spreading consistency (add small amount of sugar and vanilla if desired).

Spread cookies with whip cream on one side only. Stack on top of each other until stack is sufficiently high to lay on side. This will then form a roll with alternating rows of cookies and whip cream. After all cookies have been added to the roll, use remaining whip cream to frost ends and sides of roll. Place in refrigerator at least 6 hours before serving to allow whip cream to soften cookies to cake consistency.

To serve, cut a small piece diagonally across one end. (This is for the cook.) This will expose a section showing alternating black and white stripes. Continue slicing roll on the diagonal. Place slice on dessert plate. Can be garnished with whip cream rosette topped with a cherry for a more festive touch. Guaranteed to be fattening and chocoholics will love it!!

CRAZY CAKE (Nancy Shadley)

1 cup sugar
1-1/2 cup flour (all purpose)
1 teaspoon soda
1/2 teaspoon salt (slightly rounded)
3 tablespoons cocoa (slightly rounded)

1-1/4 teaspoon vanilla
5 tablespoons salad oil
1 cup water
1 teaspoon vinegar

Mix all ingredients together well; batter will be thin. Bake at 350° for 30-35 minutes (glass pan, 325°) in 8" or 9" square pan. Cool slightly and top with a chocolate confectioners sugar frosting.

MRS. GROOP'S DUMP CAKE (Janette Allen)

1 lb, 6-oz canned cherry pie filling
1 lb, 4-oz canned pineapple chunks, drained
1 cup chopped walnuts

1 package yellow cake mix
1 cup melted margarine
1 cup flaked coconut

Spread pie filling evenly on bottom of a greased 13" x 9" x 2" baking pan. Arrange pineapple chunks over cherries, sprinkle with cake mix, cover with melted margarine, top with coconut and walnuts. Bake 1 hour in a 350° oven. Serve hot or cold, with or without whipped cream or ice cream.

TUNNEL OF FUDGE CAKE (Sue Logeman)

Beat 1-1/2 cups of soft butter at high speed until fluffy. Beat in 6 eggs, one at a time. Gradually beat in 1-1/2 cups of sugar; beat until fluffy. By hand, stir in 2 cups of all-purpose flour, dry frosting mix (Double Dutch) and 2 cups chopped walnuts until blended. Bake in greased Bundt or 10" tube pan at 350° for 55-60 minutes until top is dry and shiny. Cool in pan 2 hours. NOTE: The frosting mix and nuts are essential for success.

CAKES & FROSTINGS

CAKE (1 LAYER) (Judy Boyt)

2 cups flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon

2 cups sugar
1-1/2 cup vegetable oil
4 eggs
3 cups grated carrots

Mix dry ingredients together. Add oil and blend. Add eggs one at a time and beat after each addition. Finally add carrots and blend well. Pour equal amounts into 3 layer pans 8" and bake in a 350° oven for 30 minutes. (You may bake in a 13" x 9" pan at 350° for 1 hour.)

Topping

8 oz cream cheese
1 box powdered sugar
1 stick margarine

2 teaspoons vanilla
1 can coconut
1/2 cup chopped pecans

Melt cream cheese, powdered sugar, margarine and vanilla. Then add the coconut and chopped pecans and mix thoroughly. Spread evenly over top and sides of the layers. (If cake is baked in a 13" x 9" pan, one half of the topping recipe is sufficient.)

CHOCOLATE CAKE (Nancy Parzych)

Put 2 cups flour and 2 cups sugar into bowl. Measure 1/2 cup shortening, 1 cup water, 4 tablespoons cocoa and 1 stick oleo into saucepan. Bring to rapid boil and pour over sugar and flour. Stir well. Add 1/2 cup buttermilk, 1 teaspoon vanilla, 2 eggs (slightly beaten), 1 teaspoon soda. Mix well and pour into 11" x 17" pan. Bake at 400° for 20 minutes.

Icing: Start icing 5 minutes before cake is done. Put into saucepan:

1 stick oleo
4 tablespoons cocoa
1/2 cup milk

Bring to boil, add 1 box confectioners sugar, 1 cup coarsely chopped nuts. Beat well. Add 1/2 teaspoon vanilla. Spread over cake while still hot.

OATMEAL CAKE (Janice Gerson)

1 cup oatmeal) Combine and set aside
1-1/2 cups boiling water)

Beat together: 1 stick oleo
1 cup white sugar
1 cup brown sugar
2 eggs

Sift together: 1 teaspoon cinnamon
1 teaspoon vanilla
1-1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt

Beat oatmeal mixture to sugar mixture; then add oatmeal mixture, mixing each until thoroughly. Pour into greased and floured 9" x 12" cake pan. Bake at 350° for 45-55 minutes.

CONTD

CAKES & FROSTINGS

OATMEAL CAKE (Contd)

Topping: 1 cup brown sugar
4 tablespoons butter
1/2 cup milk

1 cup coconut
1/2 cup nutmeats

Combine and spread on cake; put under broiler until lightly browned.

PINEAPPLE-PECAN LOAF (Katherine Wilson)

3 cups biscuit mix
1/4 cup sugar
1/2 teaspoon salt
1/2 teaspoon nutmeg
1 1-lb, 6-oz can (2-1/4 cups) pineapple pie filling

1/3 cup milk
1 beaten egg
4 tablespoons butter or margarine, melted
1 teaspoon vanilla
1/2 cup chopped pecans

Combine biscuit mix, sugar, salt and nutmeg. Stir in pie filling, milk, egg, butter or margarine and vanilla; mix well. Add chopped nuts, turn batter into greased 9" x 5" x 3" loaf pan. Bake at 350° for 1 hr-10 min. Cool in pan for 15 minutes. Remove to rack and cool.

CHERRY CHEESECAKE (Barb Meyer)

Crust: 1 cup (16) vanilla wafers
1/2 cup chopped nutmeats

1/4 cup melted butter
1/4 cup sugar

Mix above ingredients and form crust.

Filling: 8-oz cream cheese
2 eggs

1/2 cup sugar
1 teaspoon vanilla

Beat above ingredients until smooth and pour into crust. Bake 20 minutes at 350°. Cool for at least one hour before adding can of cherries (or blueberries) and whipping cream.

MRS. GYURKOVITZ'S CARROT CAKE (Gail Pond)

2 cups sugar
4 eggs
1 No 2 can crushed pineapple, drained
1-1/2 teaspoons soda
1 teaspoon salt
1/2 cup walnuts

1-1/2 cups oil
2 cups grated carrots
2 cups flour
2 teaspoons baking powder
2 teaspoons cinnamon

Beat the sugar, oil and eggs until creamy. Add the carrots. Mix in the crushed pineapple, and add the flour, soda, baking powder, salt, cinnamon and nuts. Beat together. Pour into an oblong pan and bake at 350° for 45-55 minutes. (Add 2 teaspoons of vanilla if desired.)

CONTD

CAKES & FROSTINGS

MRS. GYKOWITZ'S CARROT CAKE (Contd)

Frosting:

| | |
|--------------------------------------|--|
| 1-1b box powdered sugar | |
| 1 package cream cheese | |
| 1 stick butter or margarine | |
| 1 teaspoon vanilla | |
| 1 package chopped walnuts (optional) | |

Mix until creamy the cream cheese and butter, then add the vanilla and powdered sugar and beat well. The walnuts can be stirred in or placed on top of the frosted cake.

APPLE ROLL (Jean Boucher)

| | |
|----------------------|------------------------------|
| 2 cups chopped apple |) Mix together and set aside |
| 1/2 cup sugar | |
| 1 teaspoon cinnamon | |

| | |
|-------------|---------------------------------|
| 1 cup water |) Bring to boil for 3-4 minutes |
| 1 cup sugar | |

| | |
|---------------------------|-----------------------|
| 1 cup flour | Pinch of salt |
| 2 tablespoons butter | 1/3 cup milk (approx) |
| 2 teaspoons baking powder | |

Roll out flour mixture; spread apple mixture on top and make into a roll. Cut roll in approximately 9 pieces and place in buttered baking dish. Pour hot syrup over top and bake at 400° for approximately 30 minutes.

CHEESE CAKE (Sara Denton)

| | |
|----------------------------------|--|
| 12 graham crackers |) Blend these ingredients firmly and spread in the bottom of a spring-form pan |
| 1 tablespoon sugar | |
| 1 tablespoon butter or margarine | |

1-1/2 large packages cream cheese softened
1-1/2 cups sugar - Add to cheese
4 eggs separated - Add 2 yolks at a time
2 teaspoons vanilla

Beat egg whites until stiff before beating cheese. Fold egg whites into cheese mixture. Bake at 375° for 30 minutes until top of cheese is light brown and golden. Cool. Spread top with 1/2 pint sour cream. Brown in the oven. Cool and serve chilled until ready to serve.

WHIPPED CREAMY WHITE FROSTING (Diane Mitchell)

| | |
|---|-------------|
| 1 cup shortening | |
| 1 cup milk | 1 cup sugar |
| (This frosting will frost a two layer or a 13" x 9" x 2" cake.) | |

Mix flour and milk together. Place in a saucepan and bring to a boil over medium heat. Remove pan in refrigerator til mixture thickens (approximately 10 minutes). Take out of refrigerator, place flour mixture and remaining ingredients and whip with electric mixer til smooth and creamy.

CAKES & FROSTINGS

TOMATO SOUP CAKE (Glenadean Walters) (No eggs or milk)

Mix together as follows:
1 can tomato soup
1-1/4 teaspoons baking soda

1-1/4 cups light brown sugar
5/8 cup shortening

Dissolved in soup mix well.

Mix well in electric mixer:
2-1/4 cups flour (save 1/4 cup to drench raisins and nutmeats)
3/4 teaspoon baking powder
1-1/4 teaspoons cinnamon
1-1/4 teaspoon cloves
3/4 teaspoon salt
1-1/4 teaspoons nutmeg

Sift together into above ingredients and mix well with mixer. If it seems thick, it is OK. Then drench 1/2 cup raisins and 1/2 cup nutmeats. (I prefer pecans cut up.) Add flour left from drenching nuts and raisins. Bake in muffin pans lined with muffin liners till 2/3rds full. Bake at 350° for about 20 minutes or until toothpick test comes clean. Baking this way and they will remain moist for several days.

Frosting: (I like lots)
1-1/2 package of 3-oz cream cheese
1 teaspoon vanilla
2 cups powdered sugar

Note: I found these were eaten up the first day. Now I always make double batches and more often triple!

OATMEAL CAKE (Laurie Faulkner)

| | |
|-------------------------|--------------------------------|
| 1 cup quick oats |) Mix and let stand until cold |
| 1-1/2 cup boiling water | |

Cream:
1 stick oleo, 1 cup sugar, 1 cup brown sugar - - add oats.
2 eggs
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla
1-1/3 cups flour
1 teaspoon baking soda (heaping)

Bake 350° for 35 minutes.

| | |
|----------------------------|------------------|
| Topping: 1 cup brown sugar | 1 cup nuts |
| 1 cup coconut | 1/2 cup Pet Milk |

Pour on cake and put in broiler to lightly brown.

CAMEO & FOOTING

MRS AMERICA SUPCAKES (R. Kulas)

Beat 3 egg whites - put aside.

Cream: 1 cup butter (2 sticks) 3 egg yolks
2 cups confectioners sugar 1 teaspoon vanilla
2 squares melted chocolate

Add egg whites and nuts. Sprinkle graham cracker crumbs on the bottom and top of mix in paper muffin cups. Refrigerate and serve cold.

DATE, NUT, CHOCOLATE CHIP CAKE (Bea Crandall)

1 cup chopped dates)
1 cup hot water) Mix and cool
1 teaspoon baking soda)

| | |
|--------------|-------------------------|
| 1 cup sugar | 1 teaspoon vanilla |
| 1 cup butter | 2 cups flour |
| 2 eggs | 1/2 cup chocolate chips |

Combine above ingredients and mix well. Then add date mixture.

1/2 cup chocolate chips)
1/2 cup chopped nuts) Mixed together
1/2 cup brown sugar)

Four cake mixture into a greased and floured oblong cake pan and sprinkle chips, nut and sugar mixture on top. Bake in oven 350° for 40 minutes.

APPLE CAKE (Peg Wood)

2 cups sugar
4 cups chopped raw apples } Combine and let stand a few minutes

| | |
|-------------------------|----------------------|
| 2 eggs - beaten | 2 teaspoons cinnamon |
| 1 cup vegetable oil | 2 cups flour |
| 2 teaspoons vanilla | 1 teaspoon salt |
| 2 teaspoons baking soda | |

Continue dry ingredients and add to the eggs and oil, alternating with apples. Add 1/2 cup chopped nuts. Bake approximately 1 hour at 350°.

ERINOR CATHRY CAKE (Mr. Curt Meyer)

1 1/2 cups yellow cake mix 3/4 cup corn oil
1 1/2 cups instant vanilla pudding 3/4 cup cream sherry
4 eggs 1 tablespoon nutmeg

Blend cake mix and pudding dry together. Add eggs, oil, sherry - beat at high speed for 5 minutes until well blended. Pour into greased angle food cake pan. Bake at 375° for 45 minutes. Cool in pan. When cool turn out on serving plate. Garnish with powdered sugar. Can be served with ice cream or fruit.

CAKES & FROSTINGS

CHOCOLATE CAKE (Anne Carter)

2 cups sugar
1/4 cup shortening } Cream and add 2 eggs. Mix well.

Add alternately:

| | |
|---|--|
| 2 cups flour 2 teaspoons baking soda | with: 2 cups milk 4 squares chocolate (melt chocolate in the milk) |
|---|--|

Mix well and pour into greased 13" x 9" pan. Bake at 350° for 30-35 minutes.
Frost with favorite frosting.

FRUIT COCKTAIL CAKE (Reva Whitford)

| | |
|-------------------|---------------------------------|
| 1-1/2 cups flour | 1 egg, beaten |
| 1 cup white sugar | 1 can fruit cocktail, undrained |
| 1 teaspoon soda | 1/2 cup brown sugar |
| 1/8 teaspoon salt | 1/2 cup nuts |

Combine all ingredients except brown sugar and nuts. Pour into a 9" x 12" pan. Sprinkle brown sugar and nuts over the batter. Bake 40-45 minutes at 375°. Serve warm with whipped cream.

Note: Is not too good warmed up and does not keep too long!

VIOLET'S CHOCOLATE CAKE (V1 Abbey)

```

2 cups sugar )
2 cups flour ) Sift
Boil { 3-1/2 Tablespoons cocoa
      { 1/4 teaspoon salt
      { 2 sticks oleo
      { 1 cup water

```

Dump into sifted mixture. Add: 1 stick oleo
2 eggs
1 teaspoon soda
1 teaspoon vanilla

Using an 11" x 15-1/2" pan, bake at 400° for 15 minutes.

Frosting: 3-1/2 tablespoons cocoa)
1 stick oleo) Heat to boiling
6 tablespoons milk or cream)

Add: 1 pound powdered sugar
1 teaspoon vanilla
1/2 cup nuts

Beat and put on cake while still hot.

CAKES & FROSTINGS

SOUR CREAM COFFEE CAKE (Shirley Smith)

Topping: 1/2 cup chopped nuts 1 teaspoon cinnamon
 1/4 cup sugar

Cream: 1/2 cup butter (1 stick) Sift: 2 cups flour
 1 cup sugar 1 teaspoon baking powder
 2 eggs 1 teaspoon soda
 Dash of salt

Mix: 1 cup sour cream
 1 teaspoon vanilla

Alternate the dry ingredients with sour cream into butter and sugar mixture. Pour 1/2 of batter into a greased tube pan. Sprinkle 1/2 of topping, then the balance of batter and then the remaining topping. Spread lightly with knife so heavy crust doesn't form. Bake at 350° for 45 minutes.

RASPBERRY RING CAKE (Sharon Swartout)

1 angel food cake 1/2 pint whipping cream
6-oz package raspberry Jello Dash of salt
10-oz package frozen raspberries

Dissolve the raspberry Jello and dash of salt in 1-1/4 cups boiling water. Add the package of frozen raspberries and stir until thawed. Chill until mixture begins to set. Whip the cream until fluffy and combine Jello mixture with it. Cut angel food cake into 1" squares (or smaller pieces) and combine them with your Jello mixture. Place in a mold. Refrigerate until molded and remove.

PINEAPPLE DESSERT (Pat Forner)

1 box yellow Jiffy cake mix - bake in 13" x 9" pan at 350° for approximately 15 minutes. Cool.

Beat: 1 8-oz cream cheese (soft)
 2 cups milk
 1 box vanilla instant pudding

Add: 1 large can crushed pineapple (drained)

Place on top of cooled cake. Cover with 2 packages Dream Whip, sprinkle nuts on top.

SAVORY CAKE (Manny Koker)

2 cups flour 2 cups sugar
1 teaspoon baking powder 1-1/2 cups salad oil
1 teaspoon baking soda 4 eggs
1 teaspoon cinnamon 2 cups grated carrots
1/4 teaspoon salt

Bake at 350° for 50-60 minutes. Makes 3 layers.

CONTD

CAKES & FROSTINGS

CARROT CAKE (Contd)

Nut Icing: 1/2 cup butter or margarine 1 teaspoon vanilla
 1 package (8-oz) cream cheese 1 cup chopped nuts (walnuts make ideal
 1 pound 4X sugar flavor)

MAYONNAISE SNACK CAKE (Hilda VanVorst)

2 cups flour 1/4 teaspoon salt
1 cup granulated sugar 1 teaspoon vanilla
1/2 cup cocoa 2/3 cup mayonnaise
1/2 teaspoon baking soda 1 cup water

Mix all ingredients and stir until lumps disappear. Pour into greased loaf or square cake pan. Bake at 375° for 25-30 minutes or until toothpick inserted comes out clean. Frost with your favorite frosting.

Note: This cake is just great for lunches or taking to potlucks, etc.

COFFEE CAKE (Mr. W. L. Reid)

1 package white cake mix 1/2 pint sour cream
1 package vanilla instant pudding 2/3 cup Wesson oil
4 eggs

Mix above ingredients well.

Topping: Mix together: 1 cup chopped nuts
 1 cup sugar
 1 teaspoon nutmeg
 1 teaspoon cinnamon
 8-oz coconut

In greased 8-1/2" x 13" pan, make layers of batter and topping ending with topping. Bake at 325° for 45 minutes.

GERMAN CHOCOLATE CAKE (Linda Adkins)

1 package Bakers German Sweet Chocolate 2-1/2 cups sifted Swans Down Cake Flour
1/2 cup boiling water 1 teaspoon baking soda
1 cup butter 1 cup buttermilk
2 cups sugar 1/2 teaspoon salt
4 egg yolks, unbeaten 4 egg whites, beaten stiff
1 teaspoon vanilla

Melt chocolate in 1/2 cup boiling water. Cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating after each. Add vanilla and melted chocolate and mix until blended. Sift flour with soda and salt. Add sifted dry ingredients alternately with buttermilk, beating after each addition until batter is smooth. Fold in stiffly beaten whites. Pour batter into 3 8" or 9" round layer pans, lined. Bake 30-35 minutes at 350°.

CONTD

CAKES & FROSTINGS

GERMAN CHOCOLATE CAKE (Contd)

Coconut Pecan Filling & Frosting

| | |
|------------------------------|----------------------------|
| 1 cup evaporated milk | 1 teaspoon vanilla |
| 1 cup sugar | 1-1/2 cups Baker's coconut |
| 3 egg yolks, slightly beaten | 1 cup chopped pecans |
| 1/2 cup butter | |

Combine milk, sugar, egg yolks, butter and vanilla in a saucepan. Cook over medium heat, stirring constantly, until mixture thickens, about 12 minutes. Remove from heat. Add coconut and pecans. Beat until cool and of spreading consistency. Makes 2-1/2 cups or enough to cover the tops of 3 8" or 9" layers.

APPLE PUDDING CAKE (Mary Helen Yoxheimer)

| | |
|-------------------------|-----------------------------------|
| 2 cups sugar | 2 cups flour |
| 1/2 cup oil | 2 teaspoons cinnamon |
| 1/2 cup chopped nuts | 2 teaspoons baking soda |
| 1/2 cup raisins | 2 teaspoons salt |
| 1 can sliced pie apples | |
| 2 eggs | Topping: |
| 1 teaspoon vanilla | 1 package instant vanilla pudding |
| | 1 package Dream Whip |
| | 1-1/2 cups milk |

Mix first 7 ingredients well. Add cinnamon, flour, soda, salt. Mix well. Pour into 9" x 13" greased pan. Bake 1 hour at 325°. Cool thoroughly.

Topping: Combine milk, instant pudding and Dream Whip. Whip and beat 5 minutes. Frost and chill 4-6 hours or overnight.

HALF-A-POUND CAKE (Emily Jefferson)

| | |
|------------------|--------------------------------|
| 5 eggs | 3 cups flour sifted with |
| 1-1/2 cups sugar | 2 teaspoons baking powder |
| 1 cup butter | 1 tablespoon brandy or whiskey |
| 1 cup milk | Grated lemon or orange rind |
| | 1/2 teaspoon almond flavoring |

Cream butter and sugar, add eggs beating in one at a time. Then flour alternately with milk and flavoring. Bake in greased and floured tube pan for 1 hour at 350°.

CRANBERRY-NUT COFFEE CAKE (June Love)

| | |
|-------------------------|-------------------------|
| 1/4 cup brown sugar | 2 tablespoons sugar |
| 1/2 cup chopped walnuts | 1 egg |
| 1/2 teaspoon cinnamon | 2/3 cup water or milk |
| 2 cups Bisquick Mix | 2/3 cup cranberry sauce |

Heat oven to 400°. Grease square pan 9" x 9" x 2". Mix brown sugar, walnuts, and cinnamon. Combine baking mix, sugar, egg and milk. Beat vigorously for 30 seconds. Spread in pan. Sprinkle with nut mixture; spoon cranberry sauce over top. Bake 25-30 minutes. While warm, spread with sugar icing.

Icing: 1 cup confectioners sugar, 1 tablespoon water and 1 teaspoon vanilla.

CAKES & FROSTINGS

CHIFFON CAKE (Mrs. Robert Nichols)

Set out and do not grease 10" x 4" tube pan.

Sift together into bowl:

| | |
|---------------------|---------------------------|
| 2 cups sifted flour | 3 teaspoons baking powder |
| 1-1/2 cups sugar | 1 teaspoon salt |

Make a well and add in order:

1/2 cup cooking oil (salad)

7 egg yolks

Use either cool strong coffee or 1 teaspoon instant coffee with the water-

3/4 cup cold water

2 teaspoons vanilla

Beat until smooth.

Measure into large bowl:

1 cup egg whites (7 or 8)

1/2 teaspoon cream of tartar

Beat until whites form very stiff peaks. Pour egg yolk mixture gradually over beaten whites. Add grated german chocolate or 1/2 package (6-oz) chocolate chips chopped. Fold gently with rubber scraper just till blended. Pour into ungreased pan. Bake till top springs back when lightly touched. Invert pan and cool. Bake 10" tube at 325° for 55 minutes; then 350° for 10-15 minutes.

AMERICAN BEAUTY CAKE (Judy Chapin)

| | |
|------------------------------------|-------------------------|
| 2 oz red food coloring | 2-1/2 cups sifted flour |
| 3 tablespoons milk chocolate cocoa | 1/2 teaspoon salt |
| 1/2 cup Crisco | 1 teaspoon vanilla |
| 1-1/2 cups granulated sugar | 1 tablespoon vinegar |
| 2 eggs | 1 teaspoon baking soda |
| 1 cup buttermilk | |

Mix red food coloring with cocoa and let stand. Cream shortening with sugar; add eggs and cocoa mixture. Mix; beat thoroughly. Add buttermilk, flour, salt and vanilla and beat again. Remove from mixer and add vinegar and baking soda (dissolve soda in vinegar just before adding). Mix by hand until vinegar and soda are blended into batter. Pour into greased 8" or 9" cake pans and bake at 350° for 30-35 minutes.

Frosting:

| | |
|---------------------|--------------------|
| 1 cup milk | 1/2 cup oleo |
| 2 tablespoons flour | 1 cup sugar |
| Pinch of salt | 1 teaspoon vanilla |
| 1/2 cup Crisco | |

Mix flour and milk (start with a paste and add milk gradually so that mixture remains smooth). Add salt and cook on medium heat until mixture thickens to consistency of thick cream. Let cool. Mix well, sugar, shortening and vanilla. Add flour mixture and beat at highest speed on mixer till fluffy. Be sure cake is thoroughly cooled before frosting.

CAKES & FROSTINGS

DATE CAKE (Lillie Henry)

| | |
|--------------------------|----------------------------|
| 1 cup chopped dates |) Mix ingredients and cool |
| 1-1/4 cups boiling water | |
| 1 teaspoon soda | |
| | |
| 3/4 cup shortening | 1/2 teaspoon salt |
| 1 cup white sugar | 1-3/4 cups flour |
| 2 eggs | 1 teaspoon baking powder |
| 1 teaspoon vanilla | |

Mix and add above cooled mixture. Put in a 9" x 13" pan.

Put on top: 1/2 cup brown sugar
1/2 cup nut meats
1 package chocolate bits

Bake in 325° oven for 40-45 minutes.

CRUMB CAKE (Breakfast Cake) (Anne Glandorf)

| | |
|------------------------|----------------|
| 2 cups flour |) Mix together |
| 1 cup granulated sugar | |
| 1/2 teaspoon salt | |
| 1/2 teaspoon cinnamon | |

Add: 1/2 cup shortening

Roll in same as making pie crust.

Take out 1 cup of crumbs and save for topping. To the remainder, add:

1 egg
1 cup sour milk (or buttermilk) (Sour milk - 1 tablespoon vinegar and 1 cup white milk)
To milk, add 1 teaspoon baking soda. Stir well and add: 1 cup flour and 2 teaspoons baking powder. Sprinkle crumbs over top and bake at 350° for 30 minutes.

MISSISSIPPI MUD CAKE (Lola Howell)

| | |
|---------------------|---------------------------|
| 2 cups sugar | 1 teaspoon vanilla |
| 2 sticks oleo | 1-1/2 cups flour |
| 2 tablespoons cocoa | 1 cup Angel Flake coconut |
| 4 eggs | 1 cup chopped nuts |

Cream together sugar, oleo and cocoa. Add eggs, vanilla, flour, coconut and chopped nuts. Mix well. Bake in a 10" x 14" pan at 350° for 30 minutes. As soon as removed from oven, dab top with 1 pint marshmallow cream. When it starts to soften, spread to cover top. When cool, cover with frosting.

Frosting:

| | |
|-------------------------|---------------|
| 1 lb powdered sugar | 1/3 cup cocoa |
| 1/3 cup coconut | 1 stick oleo |
| 1/3 cup evaporated milk | |

Mix all ingredients and spread on cool cake. Sprinkle with a few chopped nuts.

CAKES & FROSTINGS

OATMEAL CAKE (Marge Harris)

| | |
|--------------------------|--------------------------|
| 1 stick oleo | 1-1/2 cups flour |
| 1 cup quick cooking oats | 1/2 teaspoon soda |
| 1-1/4 cups boiling water | 1 teaspoon soda |
| 1 cup white sugar | 1 teaspoon baking powder |
| 1 cup brown sugar | 1/2 teaspoon nutmeg |
| 2 eggs | 1 teaspoon cinnamon |

Place margarine, oats and boiling water in a bowl; stir once or twice and set aside for 20 minutes. Combine sugars, eggs, and remaining ingredients; mix thoroughly with oat mixture. Pour into 9-1/2" x 12" pan. Bake at 350° - 375° for 30-40 minutes.

Topping:

| | |
|--------------------------------------|----------------------|
| 1/4 cup plus 2 tablespoons margarine | 1/2 cup canned milk |
| 1/2 cup sugar | 1/2 teaspoon vanilla |
| 1 cup flaked coconut | 3/4 cup pecans |

Combine ingredients; spread over cake after baked. Place under broiler till margarine boils.

APPLESAUCE CAKE (Martha Woodard)

| | |
|-----------------------|--|
| 2 cups sugar | 2-1/2 cups flour |
| 1/2 cup shortening | 1/4 teaspoon cinnamon |
| 1 egg | 1/4 teaspoon cloves |
| 1-1/2 cups applesauce | 1/4 teaspoon allspice |
| 1/2 cup nut meats | 1/4 teaspoon salt |
| 1/2 cup raisins | 2 teaspoons baking soda in 1/2 cup boiling water |

Cream sugar and shortening. Add egg, applesauce and remaining ingredients. (Mix flour and spices together before adding to first mixture.) Add soda and boiling water. Bake in greased and floured 9" x 13" loaf pan for 45 minutes at 350°. Frost with 7-minute icing.

CARROT CAKE - MOIST (Joyce Jehnzen)

| | |
|---------------------------|---------------------------------|
| 4 eggs - beat good | 1 teaspoon soda |
| 2 cups sugar | 1 teaspoon salt |
| 1-1/4 cups salad oil | 2 teaspoons cinnamon |
| 2 cups sifted flour | 3 cups grated carrots |
| 2 teaspoons baking powder | 1 cup chopped pecans (optional) |

Beat eggs, add sugar, oil, flour, soda, baking powder, salt, cinnamon and carrots. Bake at 325° for at least 1 hour and 10 minutes. Can use fruit glaze or sprinkle with sugar.

CAKES & FRUITINGS

SUNSHINE CAKE (Emily Jefferson)

Cake:
4 eggs, separated
1/2 cup honey
1 teaspoon vanilla
1 teaspoon grated lemon rind
3 teaspoons baking powder
1-1/4 cups whole wheat pastry flour
1/4 cup carob powder
1/3 cup water

Preheat the oven to 325°. To prepare cake, beat the egg yolks until very light and thick. Gradually beat in the honey. Add vanilla and lemon rind. Sift the baking powder with one-half cup of the flour. Combine remaining flour with the carob powder. Fold the carob mixture alternately with the water into the egg yolk mixture. Stir in the baking powder mixture. Beat the egg whites until stiff but not dry and fold into batter. Pour mixture into a buttered 9" tube pan and bake 45 minutes or until done. Invert pan and cool cake in pan.

Frosting:
1/2 cup soft butter
2/3 cup non-fat dry milk solids
1/4 cup carob powder
1/4 cup honey
1/4 cup heavy cream
1 teaspoon vanilla

To prepare frosting, cream together the butter and milk solids. Stir in the carob powder. Beat in remaining ingredients and use to frost cooled cake.
Yield: Eight servings.

COLONIAL INN CAKE (Chris Lyons)

4 egg whites
1/2 cup sugar
4 egg yolks
1/2 cup sugar
1/4 cup water
1 teaspoon vanilla
1 cup cake flour
2 teaspoons baking powder
1/4 teaspoon salt
1 tablespoon sugar
1/4 cup finely chopped almonds
1 package (3-1/4 oz) vanilla regular pudding and pie filling
1 cup chilled whipping cream
Sliced almonds, if desired

Heat oven to 325°. Beat egg whites until foamy in small mixer bowl. Gradually add 1/2 cup sugar; beat until stiff and glossy. Beat egg yolks until light in large mixer bowl. Gradually beat in 1/2 cup sugar, the water and vanilla. Add flour, baking powder and salt. Beat 1/2 minute on low speed, then 2 minutes on high speed. Carefully fold small amount egg yolk mixture into beaten egg whites. Fold egg white mixture into remaining egg yolk mixture. Pour batter into 2 greased and floured layer pans 9" x 1-1/2". Sprinkle 1 tablespoon sugar and the chopped almonds over top of one of the layers. Bake 30 minutes; cool. While cake is cooling, prepare vanilla pudding and pie filling according to package directions for pudding. Beat whipping cream in chilled bowl. Split cake layers and reserve sugared layer for top. Fill three layers with vanilla pudding, spread with whipped cream mixture. Top with sugared layer. Refrigerate at least 24 hours. Garnish with sliced almonds.

ANGEL MALLOW FRUITING (VI Abbey)

1/2 cup sugar
2 egg whites
2 tablespoons water
2 cups or 7-oz marshmallow cream
1/2 teaspoon vanilla
Food coloring, if desired

Combine sugar, egg whites and water in top of double boiler, beat over boiling water until peaks form. Add marshmallow cream and continue heating to stiff peaks. Remove, add vanilla and coloring.

BREADS
& ROLLS

BREADS & ROLLS

PUMPKIN BREAD (Margaret Choate)

| | |
|----------------------------|----------------------|
| 2-2/3 cups sugar | 1 teaspoon cinnamon |
| 2/3 cup shortening | 1-1/2 teaspoons salt |
| 4 eggs | 2 cups pumpkin |
| 3-1/3 cups flour | 2/3 cup water |
| 1/2 teaspoon baking powder | 2/3 cup dates |
| 2 teaspoons soda | 2/3 cups pecan meats |
| 1/2 teaspoon cloves | 2/3 cup raisins |

Using an electric mixer, cream sugar, shortening and eggs until smooth. Add remaining ingredients, except dates, nuts and raisins. Beat until mixed thoroughly. Fold in dates, nuts and raisins. Place in 3 small well-greased loaf pans. Bake at 350° for about 1 hour or until a toothpick inserted in the center comes out clean.

BANANA BREAD

| | |
|------------------|----------------|
| 1 cup sugar | 2 eggs |
| 3 mashed bananas | 1/2 cup oleo |
| 2 cups flour | 1 cup nutmeats |
| 1 teaspoon soda | Pinch of salt |

Blend all ingredients. Bake in loaf pan at 375° for 15 minutes, then at 350° for 45 minutes.

HOMEMADE BREAD (Reva Whitford)

| | |
|-------------------------------------|---------------------|
| 1 cup mashed potatoes | 3 tablespoons sugar |
| Use potato water and add sufficient | 2 tablespoons lard |
| liquid to make a quart | 1 tablespoon salt |

Combine sugar, lard, salt and potatoes in hot liquid (if potato water is hot) in large mixing bowl. Cool to lukewarm. Add 1 yeast cake, softened in 1/2 cup warm water with 1 teaspoon sugar. (or 1 package dry yeast) Add flour gradually until dough does not stick to hands (about 12-14 cups). Knead lightly on floured surface for 15 minutes. Put in greased bowl and grease top of dough. Cover and let rise in warm place about 2 hours. Punch down about 2 minutes and let rise again until double its bulk.

Turn out on a pastry cloth and divide into 4 portions for loaves. Cover and let stand for 10 minutes. Mold in loaves and place in greased pans and set in warm place until double in bulk or a light touch leaves a slight dent.

Bake in oven about 50 minutes with oven at 400° or till bread is done. (Bread is done if it sounds hollow when tapped with the finger.) Remove from pans while hot. Butter top.

BREADS & ROLLS

ZUCCHINI BREAD (Mary Helen Yoxheimer)

| | |
|---------------------|-----------------------------------|
| 1 cup oil | 1/4 teaspoon baking powder |
| 3 eggs | 1 teaspoon soda |
| 2 cups sugar | 3 teaspoons cinnamon |
| 2 teaspoons vanilla | 2 cups shredded zucchini (peeled) |
| 3 cups flour | 1 cup nuts |
| 1 teaspoon salt | 1/2 cup raisins (optional) |

Beat together the oil, eggs, sugar and vanilla. Sift together the flour, salt, baking powder, soda and cinnamon. Combine the two mixtures. Add the zucchini, nuts and raisins. Bake for 1 hour at 350°. Makes 2 loaves.

DATE-NUT BREAD (Vi Abbey)

| | |
|------------------------------|-------------------|
| 1-1/2 cups boiling water | 2-1/4 cups flour |
| 1-1/2 cups cut-up dates | 1 teaspoon soda |
| 1/2 cup brown sugar (packed) | 1/2 teaspoon salt |
| 1 tablespoon soft shortening | 1 cup broken nuts |
| 2 eggs | |

Heat oven to 350° (moderate). Grease a loaf pan 9" x 5" x 3". Pour boiling water over dates; let cool. Mix sugar, shortening and egg thoroughly. Stir in dates. Measure flour by dip-level-pour method. Mix dry ingredients and stir in. Blend in nuts. Pour into greased pan. Bake 60-70 minutes.

CARROT BREAD (Lillie Henry)

| | |
|-------------------------------------|--------------------------|
| 1/2 cup salad oil | 1 teaspoon soda |
| 1 cup sugar | 1 teaspoon baking powder |
| 2 eggs, beaten | 1/4 teaspoon salt |
| 1 cup shredded carrots | 1 teaspoon cinnamon |
| 1-1/2 cups sifted all-purpose flour | 1/2 cup milk |

Preheat oven to 350°. Mix sugar and salad oil. Add beaten eggs. Stir in shredded carrots. Sift flour, baking powder, soda, salt and cinnamon. Add small amounts to sugar mixture alternately with milk. Bake in 9" x 5" x 3" well-greased loaf pan for 55 minutes.

PUMPKIN BREAD (Dorothy Doering)

| | |
|------------------------------|-------------------|
| 2 or 3 bananas mashed | 1/2 teaspoon salt |
| 3 tablespoons sour milk | 1 teaspoon soda |
| 2 cups flour | 1 cup sugar |
| 1/2 cup butter or shortening | 2 eggs |

Cream butter or shortening and sugar. Add eggs. Beat until smooth. Sift in the dry ingredients. Bake at 350° until brown about 45 minutes. Makes two regular bread loaves.

BREADS & ROLLS

OLD FASHIONED HOMEMADE BREAD (Linda Adkins)

Combine and let rise:

1 cup warm water
2 packages dry yeast
2 teaspoons sugar

In extra large bowl, combine:

5-1/2 cups flour
1/2 cup sugar
1 teaspoon salt

In medium saucepan, scald:

1 cup milk

Add one stick butter or margarine and let melt. Add 2 eggs, well beaten, and yeast mixture. Stir and pour into flour ingredients in large bowl. Mix well, cover with dish towel and let rise in warm area for 1-1/2 to 2 hours. Punch down and knead on floured surface.

Cut into 3 sections and place into greased loaf pans. Cover and let rise again in warm area about 1 hour or until dough is slightly above sides of pans. Baste with melted butter and bake at 325° for about 45 minutes or until tops are brown. Baste tops again with melted butter. Remove from pans while still hot.

PUMPKIN BREAD (Yvonne Wilkinson)

| | |
|------------------|--------------------|
| 2-3/4 cups sugar | 2/3 cup shortening |
| 4 eggs beaten | 2 cups pumpkin |

Mix and add:

3-1/2 cups flour
1/2 teaspoon baking powder
2 teaspoons soda
1-1/2 teaspoons salt

3/4 cup nuts
1 teaspoon cinnamon
1/2 teaspoon cloves

Mix and add:

2/3 cup water

Bake at 350° for one hour.

BANANA-NUT BREAD (Reva Whitford)

| | |
|---------------------------|---------------------------|
| 1/2 cup shortening | 2 cups sifted flour |
| 1 cup sugar | 3 teaspoons baking powder |
| 2 eggs | 1/2 teaspoon salt |
| 1 cup mashed ripe bananas | 1 cup nut meats |
| 1 teaspoon lemon juice | |

Fill two loaf pans about 1/3 to 1/2 full. Bake at 350° for 1-1/4 hours.

GRAHAM BREAD (Rita Eder)

| | |
|-------------------------|------------------------|
| 2-1/2 cups graham flour | 1/2 teaspoon salt |
| 1/2 cup flour | 1 teaspoon baking soda |
| 1/2 cup sugar | |

Sift together. Add 2 cups buttermilk to dry ingredients and beat thoroughly. Bake at 350° for 30-45 minutes.

BREADS & ROLLS

BILLY SASSELWE BREAD (Lynne White)

Softener: 1 packet Active Dry Yeast (or 1 cake compressed yeast) in 1/4 cup warm water

Combine: (In mixing bowl)

- 1 cup creamed cottage cheese, heated to lukewarm
- 2 tablespoons sugar
- 1 tablespoon instant minced onions
- 1 tablespoon butter
- 2 tablespoons dill seed
- 1 teaspoon salt
- 1/4 teaspoon soda
- 1 unbeaten egg and the softened yeast

Add: 2-1/4 to 2-1/2 cups flour to form a stiff dough, beating well after each addition.

Cover. Let rise in warm place (85° to 90°F) until light and doubled in size - 45-60 minutes. Stir down dough. Turn into well-greased 8" round casserole (1-1/2 or 2 qt). Let rise in warm place until light - 30-40 minutes.

Bake at 350° for 40-50 minutes until golden brown. Brush with soft butter and sprinkle with salt, after removing from casserole.

PUMPKIN BREAD (Mrs. Robert Bayn)

- | | |
|--------------------------|----------------------------|
| 2-2/3 cups sugar | 3-1/3 cups sifted flour |
| 2/3 cup shortening | 1/2 teaspoon baking powder |
| 4 beaten eggs | 2 teaspoons soda |
| 1 cup pumpkin (1 lb can) | 1-1/2 teaspoons salt |
| 2/3 cup water | 1 teaspoon cinnamon |
| 2/3 cup chopped walnuts | 1/2 teaspoon cloves |
| 2/3 cup cut-up dates | |

Cream sugar and shortening till fluffy. Stir in eggs, pumpkin and water. Sift flour, baking powder, soda, salt, cinnamon, and cloves. Combine in three parts to creamed mixture. Add nuts and dates. Bake in 350° oven for 1 hour - 1 hour, 15 minutes. Makes 3 small loaves. Pans should be greased well.

BLACK-NEE BREAD (Karen Murphy)

- | | |
|---------------------------|------------------|
| 2-1/2 to 3-1/2 cups flour | 2 teaspoons salt |
| 1/2 cup sugar | 1-1/2 cups water |
| 1/2 cup margarine | 1 package yeast |
| 1/2 cup milk | |

Mix 2 cups flour, sugar, salt and undissolved yeast in large bowl. Combine water, milk and margarine in pan. Heat over low heat to warm. The margarine does not need to melt. Gradually add dry ingredients. Beat 2 minutes at medium speed. Add 3/4 cup flour, or enough to make thick batter. Beat on high speed 2 minutes. Stir in enough more flour to make a soft dough. Turn out onto lightly floured board. Knead until smooth and elastic - 8-10 minutes. Place in greased bowl turning to grease top. Cover and let rise in warm place until double - about 1 hour. Punch down. Turn onto floured board. Cover and let rise 15 minutes. Divide dough into two parts. Shape into loaves and place in 6-1/2" x 8-1/2" loaf pans. Cover and let rise till double - about 1 hour. Bake 25-30 minutes in 350° oven.

BREADS & ROLLS

BANANA-NUT BREAD (Mary Helen Yoxheimer)

- | | |
|--------------------------|------------------------------|
| 1-1/2 cups sugar | 3 mashed bananas |
| 1/2 cup shortening | 2 cups flour |
| 2 eggs | 1 teaspoon soda |
| *4 tablespoons sour milk | 1 cup chopped nuts, optional |

In large mixing bowl, cream shortening and sugar. Add eggs; beat well. Add flour and soda (well mixed), alternately with milk and bananas. Stir in nuts. Pour into greased loaf pan and bake in preheated oven about 75 minutes at 350°, or about 60 minutes in 2 smaller pans. Bread will be very moist.

*Add 1 teaspoon vinegar to 4 tablespoons milk.

DATE-NUT BREAD (Andy Ball)

- | | |
|-----------------------------|------------------------------------|
| 3/4 cup chopped nuts | 3/4 cup boiling water |
| 1 cup cut-up dates (pitted) | 2 eggs |
| 1/2 teaspoon salt | 1 teaspoon vanilla |
| 1-1/2 teaspoon baking soda | 1 cup granulated sugar |
| 3 tablespoons shortening | 1-1/2 cup sifted all-purpose flour |

Mix first four ingredients with fork. Add shortening and water - let stand for 20 minutes. Heat oven to 350°. Beat eggs with fork. Add vanilla, then sugar and flour. Beat with fork. Add date mixture mixing to just blend. Pour into greased 9" x 5" x 3" loaf pan. Bake in moderate oven at 350° for 1 hour-5 minutes, or until done. Makes 1 loaf.

SCOTCH WAFFLES (Barb Wilcox)

- | | |
|------------------------|---------------------------|
| 1 cup sifted flour | 2 eggs |
| 1 teaspoon salt | 2 teaspoons baking powder |
| 1 cup quick oats | 1-1/2 cups milk |
| 2 tablespoons corn oil | 1/4 teaspoon pepper |

Combine flour, salt, pepper, baking powder and oats. Combine milk and corn oil and mix well. Add egg mixture to flour mixture and beat well. Bake on hot waffle iron until brown on both sides.

APPLESAUCE PANCAKES (Mary Helen Yoxheimer)

- | | |
|------------------------------|-----------------------|
| 1/4 cup apple cider or juice | 1/3 cup milk |
| 2/3 cup applesauce | 1 tablespoon sugar |
| 1 egg | 1 cup pancake mix |
| 3 tablespoons melted butter | Cinnamon Butter Syrup |

Put all ingredients, except syrup, into a 1-quart shaker in order given. Close top and shake vigorously until blended. Drop batter on hot griddle, allowing 2-3 tablespoons of batter for each pancake. When cakes are bubbly on the surface and brown on the bottom, turn and brown other side. Serve immediately with Cinnamon Butter Syrup. Makes 8-12 pancakes.

Cinnamon Butter Syrup - 1 tablespoon sugar, 1/2 teaspoon cinnamon, 1/2 cup melted butter. Mix sugar and cinnamon; add melted butter and mix.

BREADS & ROLLS

GEORGIA RAISED BISCUITS (F. Sarns)

| | |
|----------------------------|-----------------------------|
| 1 package active dry yeast | 2 teaspoons salt |
| 1-1/2 cups warm water | 1 tablespoon sugar |
| 5 cups flour | 1/2 cup butter or margarine |

Sprinkle yeast on water. Let stand a few minutes - then stir until dissolved. Mix dry ingredients in large bowl. Cut in softened butter. Add yeast mixture and mix well. Roll about 1/4" thick on floured board and brush with melted butter. Cut with floured 2" cutter and place on greased baking sheet in pairs (one on top of the other). Let rise in warm place about 1 hour. Bake in hot oven at 425° for 10 minutes or until browned.

REFRIGERATOR ROLLS (Mrs. John Laetz)

Four: 1-1/2 cups boiling water over
1/2 cup sugar)
1 teaspoon salt) Cool to lukewarm
1/4 cup Crisco)

Add 1 package dry yeast which has been dissolved in 1/2 cup lukewarm water and 1 egg. Stir in 5-6 cups enriched flour to make soft dough. Rub surface with Crisco after mixing well and cover tightly. Store in refrigerator until ready to use. Will keep about 1 week.

Roll out on floured board until 1/2" thick. Cut into desired shape for rolls desired. Brush with melted butter. Let rise until double in bulk and bake in 425° oven for about 20 minutes. Makes 24 Parkerhouse rolls. Can be used a little at a serving.

BLUEBERRY MUFFINS (Judy Holzworth)

| | |
|-------------------------------|-----------------------------|
| 2-1/2 cups sifted flour | 1 cup milk |
| 2-1/2 teaspoons baking powder | 4 tablespoons melted butter |
| 1/3 cup sugar | 1 egg white stiffly beaten |
| 1 teaspoon salt | 1 cup blueberries |
| 1 egg yolk beaten | |

Mix together everything except egg white and blueberries. When well blended, fold in egg white and blueberries until mixed good. Bake in 425° oven for 25 minutes. Makes approximately 24 muffins.

BUTTER ROLL (Ernest Marks)

| | |
|----------------------------|-----------------------------|
| Mix dough: 2 cups flour |) Mix together and roll out |
| 1 cup vegetable shortening | |
| or margarine | |
| 1 teaspoon salt | |
| 10-14 teaspoons water | |

Grease pie plate. Roll dough, slice strips in 4" widths, place inside strips (butter, sugar, salt and cinnamon.) Roll strip together and place strips of dough in pie plate side by side. Bake at 350° until brown. Strips should cover the bottom of pie plate.

CONTD

BREADS & ROLLS

BUTTER ROLL (Contd)

| | |
|---------------------|----------------|
| Topping: | |
| 3/4 cup sugar | 1 stick butter |
| 1 teaspoon nutmeg | 1 cup water |
| 1 teaspoon cinnamon | |

Mix together, place in saucepan, and let simmer until it becomes thick. Pour topping on browned dough, little at a time and let bake 15-20 minutes more.

"DEAF SMITH" WHEAT BISCUITS (Emily Jefferson)

| | |
|--|-----------------------|
| 2 cups sifted whole wheat flour | 1/4 cup butter |
| (Deaf Smith Country Flour) | 3/4-1 cup milk |
| Health Food Store | 1/2 teaspoon sea salt |
| 4 teaspoons Royal Baking Powder (the best) | |

Preheat oven to 450°. Mix the flour, baking powder and salt and sift into a bowl. Cut the butter into the flour mixture with pastry cutter. Stir in enough milk to make a soft dough that is not sticky. Mix just enough to moisten dry ingredients.

Pat or roll the mixture to 3/4" thickness on floured board. Cut with a small biscuit cutter. Place on greased baking sheet and bake 15-20 minutes.

Deaf Smith County, Texas has some of the most fertile soil and best farming country in the nation. Much of the produce is organically grown.

Ground sesame seed and sunflower seed may be substituted for flour using 2 tablespoons of each or either.

SALTINE CRACKERS (Janice Geach)

This is from an original 1840 recipe!

| | |
|-------------------------------|--------------------------|
| 1 teacup butter (1 scant cup) | 1 pint of water (2 cups) |
| About 8 cups flour | 1 egg white |
| 1 teaspoon baking soda | salt or sesame seeds |
| 2 teaspoons cream of tartar | |

In mixing bowl, cut butter into flour, soda and tartar mix. Add water until it is the consistency of biscuit dough. Roll out on floured board. Cut into desired shapes. Pizza cutter may be used for making square and diamond shapes; thimble or pill bottle for making oyster crackers. Place on baking sheet; brush with egg white mixed with 1 tablespoon water. Sprinkle with salt or sesame seeds. Bake at 350° for flat saltines, or 400° for puffed oyster crackers. Remove when lightly browned on edges. Yield: 6 dozen.

BREADS & ROLLS

ROLLS PANCAKES & COTTAGE CHEESE (Mary Raser)

1 carton cottage cheese
1 packaged pancake mix
Browned melted butter

Mix pancake batter. Make large pancakes about 8" in diameter. Spread cottage cheese on each pancake. Pour a little browned melted butter on top. Roll each pancake individually and serve with sausage patties, etc. Browned melted butter may also be poured on top after pancake is served.

DILL PUTTS (Juanita Brencher)

Dissolve 1 package yeast in 1/4 cup warm water in a bowl.
Add: 1 cup cottage cheese which has been heated slightly
2 tablespoons sugar
1 teaspoon salt
1/4 teaspoon soda
2 tablespoons dill weed
1 egg
2 cups flour

Mix ingredients until thoroughly blended. (Dough is sticky.) Divide into 12 greased muffin pans. Let rise until double in bulk. Bake at 350° for about 25 minutes.

SOBBY DILL ONION BISCUITS (Sandi Geerling)

| | |
|-------------------------------|---------------------|
| 2 cups cake flour mix | 2 tablespoons water |
| 1/2 cup French Onion Chip Dip | 1/2 teaspoon salt |

Mix all drop on greased aluminum foil. Bake at 350° for 15 minutes.



APPETIZERS & BEVERAGES

VEGETABLE DIP (Linda Thayer)

| | |
|------------------------------|--------------------------|
| 1 pint sour cream | 1/2 teaspoon garlic salt |
| 3 teaspoons prepared mustard | 1 teaspoon lemon juice |
| 1 teaspoon horseradish | |

Chill - serve with raw carrots, green peppers, cauliflower, celery, etc.

CREAM CHEESE BALL (Linda Adkins)

1 large package (8-oz) cream cheese
1 small jar Kraft "Old English" cheese
1/2 teaspoon Worcestershire Sauce
1/2 teaspoon garlic salt

Refrigerate about 1 hour before making into a ball. Roll or cover with chopped walnuts.

HOT CHEESE DIP (Sharon Gross)

Melt one pound Velveeta Cheese in double boiler. Add one 10-oz can Tomato and Green Chili Sauce*. Stir well. Pour into serving bowl, let cool while dip thickens. Serve with large corn chips.

*Old El Paso from Pet

GARLIC CHEESE BALL (Ellen Aderhold)

| | |
|---------------------------------|-----------------------------------|
| 1 8-oz package cream cheese | 1/3 teaspoon Worcestershire Sauce |
| 1 6-oz Kraft garlic cheese link | 1/2 teaspoon garlic salt |
| 1/3 cup Parmesan cheese | |

Soften cheeses and mix all ingredients together. Roll in chopped dried beef.

NIPPY DIP (Sandie Good)

| | |
|---|-----------------------------------|
| 6 ounces sharp cheese | 1/2 teaspoon Worcestershire Sauce |
| 1 can (10-1/2 oz) condensed bean with bacon soup | 1 teaspoon seasoned salt |
| 1 cup dairy sour cream | Few drops Tabasco Sauce |
| 2 tablespoons sliced green onions or 1 tablespoon dry minced onion | |

Cut cheese into chunks. Place in saucepan with soup. Heat for about 15 minutes at a very low heat until cheese is melted. Stir until blended. Remove from heat and stir in remaining ingredients. Garnish with chives or bacon bits (optional). Serve warm with crackers or Fritos. Makes about 3 cups.

SPREAD (Betty Bishop)

| | |
|------------------------------|-------------------------------|
| 8 ounces cream cheese | 1 teaspoon dried onion flakes |
| 1 package chopped dried beef | 1/4 cup chopped olives |
| 1 tablespoon sherry | 2 tablespoons mayonnaise |

Spread on crackers or bread.

APPETIZERS & BEVERAGES

CHEESE BALL (Janice Geach)

(Do not freeze)

| | |
|--|-----------------------------------|
| 2 8-oz packages Philadelphia Cream Cheese | 1 tablespoon finely chopped onion |
| 2 cups (8-oz) shredded Cracker Barrel Sharp Natural Cheddar Cheese | 2 teaspoons Worcestershire Sauce |
| 1 tablespoon chopped pimiento | 1 teaspoon lemon juice |
| 1 tablespoon chopped green pepper | Dash of Cayenne Pepper and salt |
| | *Finely chopped pecans |

Combine softened cream cheese and cheddar cheese mixing well until blended. Add pimiento, green pepper, onion, Worcestershire sauce, lemon juice and seasonings. Shape into a ball and roll in chopped pecans.

*Cheese ball can be rolled in chopped parsley or paprika for Christmas holidays.

DILL DIP (Rita Eder)

| | |
|--------------------------------|-------------------------|
| 1/2 cup Hellmann's mayonnaise | Dash celery salt |
| 1/2 cup sour cream | 1 teaspoon dill weed |
| 1 teaspoon Lawry seasoned salt | 1 teaspoon onion powder |

Mix all ingredients and chill. Serve with any cold, raw vegetable (celery, carrots, cauliflower, peppers, etc).

VEGETABLE DIP (Jan Titler)

| | |
|---|---------------------------------|
| 1 cup sour cream | 1-1/2 teaspoons dill |
| 1 cup Hellmann's mayonnaise | 1 teaspoon onion salt |
| (must be this brand or dip will be soupy) | 1/2 teaspoon parsley (optional) |
| 1-1/2 teaspoons Beaumont spice | |

Mix all ingredients well and chill. Dip fresh vegetables such as carrot sticks, celery, green pepper strips, radishes, etc.

SPICED BEEF DIP (Mary Youngdahl)

Soften 8 ounces cream cheese with 2 tablespoons milk. Stir in a package of dried beef (which has been cut up), 1/4 cup chopped green pepper, 2 tablespoons onion flakes, 1/2 teaspoon garlic salt, 1/2 cup sour cream. Put into an 8" pie plate and sprinkle with 1/2 cup chopped nutmeats which have been heated in 1/4 teaspoon salt. Bake 350° for 20 minutes. Serve hot with crackers.

SMOKE (J. Rand)

1 cup onions
1/2 cup mayonnaise
1/3 cup parmesan cheese

Spread mixture on small party rye bread, broil until brown. Delightful and different!

APPETIZERS & BEVERAGES

CHEESE BALL (Marilyn Decker)

| | |
|------------------------------|---------------------------------|
| 1 jar Old English cheese | 1 teaspoon Worcestershire Sauce |
| 1 jar Roka Blue Cheese | 1 teaspoon onion salt |
| 1 large package cream cheese | Dash garlic salt |

Chill. Roll into ball and then roll in toasted sesame seeds or nuts.

SHRIMP AND COCKTAIL SAUCE CRACKER SPREAD (Hilda VanVorst)

1 large package cream cheese (room temperature)
1/2 package pre-cooked frozen shrimp (thawed)
Bottled cocktail sauce

Add shrimp to cream cheese; form into ball. Drizzle cocktail sauce over. Serve with assorted crackers.

SPICED TEA (Joan Herron)

| | |
|--|-----------------------|
| 3/4 cup plain instant tea | 1 teaspoon cinnamon |
| 1 cup orange Tang | 1/2 teaspoon ginger |
| 1 3-oz package sugared lemonade | 1/4 teaspoon cloves |
| 1/2 cup sugar or sugar substitute (dry form) | 1/4 teaspoon allspice |

Mix well. Place in tightly covered container. Use...3 teaspoons per cup of hot water.

BANANA NOG (Vi Abbey)

| | |
|---|--------------------|
| 1 medium fully ripe banana | 1 egg |
| 1/2 pint (1 cup) vanilla ice cream | 1 teaspoon vanilla |
| 1 6-oz can (2/3 cup) evaporated milk, chilled | |

Combine ingredients in electric blender or drink mixer. Whiz about 30 seconds or till blended. Pour into 2 chilled glasses. Sprinkle with nutmeg. Serve with straws.

GRAPE JUICE CRUSH (Jennifer Borden)

1 can (6-oz) frozen grape juice concentrate
1 can (6-oz) frozen orange juice concentrate
1 can (6-oz) frozen lemonade concentrate
4 cups water
1 quart ginger ale, chilled

Mix all ingredients except ginger ale. Chill. Just before serving, slowly pour in ginger ale. Serve over crushed ice. If you wish, garnish with frosted grapes. 10-12 servings (about 1 cup each).

APPETIZERS & BEVERAGES

QUICK HOMEMADE WINE (Judy Marshall)

In a gallon jug (either glass or plastic):

Mix: 4 cups sugar and 3 quarts water (use cold heated to 140°) to make syrup.
Add: 12-oz can Welch frozen grape juice.
Add: 1 pack of Red Star Yeast (dry)

Put a balloon on top of bottle, make a pin hole for gas escape. Leave for 2-3 weeks. Ready to drink!

MEXICAN COFFEE (Tom Robinson - R. G. Burr & Associates)

| | |
|-------------------------|------------------|
| 1 cup perked coffee | 1 stick cinnamon |
| 1 ounce Kahlua | Nutmeg |
| 1 serving whipped cream | |

Place hot coffee in brandy snifter and stir in Kahlua. Float whipped cream over coffee and sprinkle nutmeg over it. Place stick of cinnamon in whipped cream and serve.

WASSAIL (Jo Rand)

| | |
|----------------------------------|--------------------|
| 1 gallon sweet cider or red wine | 4 sticks cinnamon |
| 1/2 teaspoon ground nutmeg | 2 cups sugar |
| 1 teaspoon cloves | Juice of 8 oranges |
| 1 teaspoon allspice | Juice of 4 lemons |

Combine all ingredients; bring to a boil. Serve hot with individual peppermint sticks. Great for the Christmas Holidays!!

PEACH FIZZ (Maurine Tomaw)

3 medium peaches, pared
1 can frozen concentrate lemonade (6-oz)
1 can (6-oz) Vodka
1 tray ice cubes

Blend first three ingredients in blender until chopped. Add ice cubes and blend until slushy.

"MOOSE" HOLIDAY DRINK (Cal Murdock)

1 can frozen concentrate
2 cans Vodka

Place in blender. Fill with ice. Blend till consistency is like slush. Pour in glass and top off with maraschino cherry. Optional: For flavor add small amount of powdered sugar before blending.

APPETIZERS & BEVERAGES

FISH HOUSE PUNCH (Gil Keeley)

6 6-oz cans frozen lemonade (undiluted)
2 quarts Light Jamaica Rum
1 quart Brandy
2 quarts Club Soda
1 cup Peach Brandy (optional)

Mix all ingredients together. Let stand for 2 hours. Pour over a large chunk of ice in a punch bowl. Makes about 7 quarts or 50 - 4-oz punch cup servings. This is delicious.

MARTINI (G. Kaliman)

Take one large glass, add 5 shots of Gin and 3 ice cubes (1" x 1"). Stir and drink!

CANDY

PEANUT BUTTER FUDGE (L. McLain)

3 cups sugar) Bring to boil - make soft ball
1 1/2 cup milk)

After you have a soft ball, take off stove and add:

1 teaspoon vanilla 1/2 cup butter
1 cup peanut butter

Mix well; then pour into buttered dish to cool.

FRUITLEY CANDY (Margaret Fought)

3 cups sugar Pinch of salt
1 teaspoon baking soda 2 cups pecan halves
1 cup buttermilk

Cook until mixture foams for about 5 minutes or until the candy thermometer registers 210°. Put in 2 tablespoons butter and the pecan halves. Stir, not forgetting the bottom, for about 5 minutes or until mixture forms a ball in cold water. Remove from heat. Beat mixture until it thickens. Drop by spoonfuls on waxed paper. Yields: 32 pieces.

CHOCOLATE FUDGE (Anne Carter)

4-1/2 cups sugar Pinch of salt
1-1/2 sticks of butter or oleo (3/4 cup) 1 large can of Pet Milk

Combine above ingredients in heavy saucepan. Stir well and bring to full boil. Lower heat to slow boil and cook 10 minutes. Remove from heat and add:

15 ounces chocolate chips 1 teaspoon vanilla
1 pint marshmallow creme

Beat well and add 1 cup nuts, if desired. Put in buttered pan (13" x 9"). Cool and cut. Let fudge set in refrigerator overnight - then cut. Place pieces on waxed paper to become firm.

PEANUT BRITTLE (Judy Chapin)

NOTE: Have all ingredients measured and cookie sheet buttered before starting.

1 cup granulated sugar 1 teaspoon butter
1/2 cup cold water 1 teaspoon vanilla
1/4 cup light Karo Syrup 1 teaspoon baking soda
1 cup raw peanuts

Combine sugar, water and Karo syrup in skillet (preferably iron) and bring to boil on medium-high heat; boil 3 minutes. Add peanuts and continue cooking until syrup turns slightly brown (approximately 10-12 minutes). Remove from heat and very quickly add butter, vanilla and soda (in that order). Start stirring immediately and stir until soda is completely dissolved. Work quickly. Pour and spread on buttered cookie sheet and cool at cold temperature (preferably outside during winter months) until candy becomes brittle and starts to crack.



CANDY

COUNTRY HOUSE FUDGE (Judy Boyt)

This is Martha Dixon's recipe and it is the most delicious fudge I've ever had!

Boil together: 4-1/2 cups granulated sugar
1 teaspoon salt
1 stick butter
1 tall can evaporated milk

Gently boil for 8-10 minutes. (Be sure you start the timing after candy mixture has reached a full gently boiling point.)

Remove from heat and add: 1 12-oz package semi-sweet chocolate pieces
4 German sweet chocolate bars
1 large Hersey bar (either with or without almonds)
1-1/2 pints marshmallow creme
2 teaspoons vanilla flavoring
4 cups nut meats

Mix rapidly with large spoon until thoroughly blended. Pour into buttered pans. Cool several hours before serving. (Makes about 5 pounds.)

This fudge can be stored in an air-tight container in the refrigerator for several weeks.

CHOCOLATE COVERED MARSHMALLOWS (Mary Raser)

18 ounces chocolate chips or 1 12-oz package & 1 3-oz package
1 can 15-oz sweetened condensed milk
16-oz jar marshmallow creme
1 package of large marshmallows
Crushed nuts (optional)

Melt chocolate chips and milk over low heat. Remove from heat and add marshmallow creme. Use fork to dip in marshmallows. Drop on waxed paper. (Roll in crushed nuts, if desired.)

RAINBOW POPCORN BALLS (June Love)

| | |
|----------------------------------|---|
| 1 cup light corn syrup | 1/2 cup salted peanuts (coarsely chopped) |
| 1/2 cup sugar | 9 cups popped corn |
| 1 package fruit flavored gelatin | |

Combine syrup and sugar and bring to a boil. Remove from heat. Add Jello and stir until dissolved. Add peanuts and pour over popcorn, mixing well. Shape into balls.

MRS. WHITELOCK'S POPCORN BALLS (Sallie Adams)

| | |
|--------------------|------------------------------|
| 2 cups white sugar | 1 tablespoon butter |
| 1 cup white syrup | 1/2 teaspoon cream of tartar |

Combine and cook until it hairs. Remove from fire and add 1/2 teaspoon baking soda. Pour over 6 quarts popped corn stirring as you do so. Moisten hands with water and form into balls, working fast. Makes 22 balls the size of a tennis ball.

CANDY

PEANUT BUTTER FUDGE (Darlene Tackett)

Butter sides of heavy 2-quart saucepan. In it combine: 2 cups granulated sugar and $2\frac{1}{2}$ cup milk. Stir over medium heat until sugar dissolves and mixture boils. Cook to soft ball stage- 234° . Remove from heat; quickly add $1\frac{1}{2}$ of pint jar of marshmallow creme, 1 cup creamy style peanut butter, one 6-oz package (1 cup) semi-sweet chocolate pieces and 1 teaspoon vanilla; blend. Pour into buttered $9" \times 9" \times 2"$ pan. Score; cut when firm.

FUDGE (Nancy Parzyon)

Boil for 6 minutes: 4- $1\frac{1}{2}$ cups sugar
2 tablespoons butter
Pinch of salt
Large can evaporated milk

Pour boiling syrup into large bowl over the following:

12 ounces semi-sweet chocolate chips
12 ounces German chocolate
1 pint marshmallow creme
2 cups chopped nuts

Stir and heat until mixed and melted. Pour into pan. Do not butter pan. Cool and set. ($9" \times 13"$ pan or larger)

PEANUT BRITTLE (Judy Marshall)

Grease with oleo - a $14"$ pizza pan or a $10" \times 15"$ cookie sheet, must have edge.

Mix: 2 cups white sugar
1 cup white Karo syrup
 $1\frac{1}{2}$ cup water

Boil until it is like fine thread when dropped from spoon, about 10 minutes. Add 1 pound raw Spanish peanuts and cook until light amber color, about 10 minutes more. Take off fire, add 1 ~~teaspoon~~ baking soda and stir while you pour onto well-greased pan - will foam up. DO NOT SPREAD while pouring out. Break into pieces when cool.



PIES

FRESH STRAWBERRY PIE

Crust: 1-1/2 cups flour 1/2 cup oil
2 tablespoons milk 1/2 teaspoon salt
2 tablespoons sugar

Blend together and press into pie pan - prick. Brown at 450° for about 8 minutes.

Filling: 1 cup sugar 3 tablespoons cornstarch
3 tablespoons white Karo syrup 1 cup water
Pinch of salt

Boil together until thick and clear. Remove from heat and add 5 tablespoons strawberry Jello. Cool - add sliced or whole berries, 1 quart or more, unsugared and well drained. Refrigerate and serve with whipped cream or Cool Whip.

CHOCOLATE-CHERRY BAVARIAN CREAM PIE

Crust: 2 squares unsweetened chocolate 2/3 cup sifted 4X sugar
2 tablespoons butter 1-1/2 cups flaked coconut
2 tablespoons hot milk

Melt chocolate and butter over low heat. Combine hot milk and 4X sugar; blend. Add to chocolate, mix well. Add coconut, mix well. Press over bottom and sides of buttered pie pan. Chill 1 hour.

Filling: 1 tablespoon gelatin 1 teaspoon vanilla
1-1/4 cups milk 1/2 cup chopped maraschino cherries
3 eggs separated 1 cup cream, whipped
1/2 cup granulated sugar 1/8 teaspoon salt

Soften gelatin in 1/4 cup milk. Beat egg yolks, add gelatin mixture, 1/4 cup granulated sugar, salt and 1 cup milk. Cook over hot water, stirring often until mixture coats spoon. Add vanilla, mix well. Chill until slightly thickened; beat until smooth. Beat egg whites until foamy. Add 1/4 cup sugar - 1 tablespoon at a time, beating until stiff. Fold egg whites, cherries and cream into gelatin. Turn into shell. Sprinkle with grated chocolate and coconut. Chill until firm.

EASY CHOCOLATE PIE (Ardell Sunley)

2 cups milk 3 tablespoons flour
1/2 cup sugar 1 large tablespoon cocoa

Mix flour, sugar and cocoa. Add milk and bring to boil, stirring constantly until thickened. Pour into baked pie shell. Serve topped with whipped cream or topping.

PECAN PIE (Reva Whitford)

3 eggs 1 teaspoon vanilla
2/3 cup sugar 1/3 cup butter
1/3 teaspoon salt 1 cup dark corn syrup

Mix together well and add: 1 cup pecans. Pour into 9" pie shell - uncooked. Bake at 375° for 40-50 minutes. Cool, top and serve.

PIES

MERINGUE WIT PIE (Judy Hicks)

Beat 3 egg whites until frothy. Add a dash of salt and 1 cup sugar gradually. Beat until stiff. Stir in 1 teaspoon vanilla. Add 20 Ritz crackers (crushed), and 1 cup pecan pieces. Spread into 9" buttered pie plate. Bake at 325° for 10 minutes. Cool. Spread 1 cup whipping cream, whipped, over pie. Chill at least 4 hours.

NY. MEPS PIE (Juanita Brencher)

Have ready a 9" unbaked pie shell.

| | |
|------------------------|--------------------|
| 1/2 cup butter | 1/8 teaspoon salt |
| 2 cups sugar | 3 eggs |
| 2 tablespoons cornmeal | 1 cup milk |
| 2 tablespoons flour | 1 teaspoon vinegar |

Cream butter and sugar. Add cornmeal, flour and salt. Add eggs - one at a time. Add vinegar. Pour into pie shell. Bake at 325° for 50-60 minutes (until top is browned and firm).

PEANUT BUTTER CREAM PIE (Bill Reed)

1 family size vanilla pudding
2 tablespoons peanut butter
1 9" baked pie crust

Follow directions on box and add peanut butter. Put in prebaked 9" pie shell. Top with any kind of whipped cream or Cool Whip.

PIE (Linda Carstens)

| | |
|--|------------------------|
| 2 packages vanilla Jello instant pudding | 2 ounces Rum (1/4 cup) |
| 1-3/4 cups milk | 1 Heath candy bar |
| 1 cup whipping cream (not whipped) | |

Combine all ingredients, except candy bar, and beat until almost thick. Put in baked pie shell or graham cracker crust. Chill candy bar, sliver with knife over top of pie. Chill in refrigerator at least 4 hours before serving.

EASY PECAN PIE (Lynn White)

| | |
|-----------------------|----------------------|
| Combine: 3 eggs | 1 tablespoon flour |
| 1/2 cup brown sugar | 3/4 stick oleo |
| 1 cup dark corn syrup | 1 cup chopped pecans |

Bake at 350° until brown; turn to 275° until done.

For a special treat, use the following for the crust:

| | |
|-----------------------|------------------|
| Combine: 4 cups flour | 1 cup cold water |
| 2 cups ice | 1 dash of salt |

(Makes approximately two 9" pie crusts)

PIES

FUDGE PIE (Linda Warner)

| | |
|---------------------------------|------------------------|
| 1/2 cup butter | 2 eggs |
| 3 squares unsweetened chocolate | 1/4 teaspoon salt |
| 1 cup sugar | 1 teaspoon vanilla |
| 1/2 cup flour | 1/2 cup chopped pecans |

Melt butter and chocolate together on very low heat. Cool, then stir in sugar and flour, eggs one at a time, and salt, vanilla and nuts. Pour into a greased 9" pie pan. Bake at 300°-325° for about 35 minutes. Cool completely. To serve, cut in wedges and top with whipped cream or ice cream. Makes 8 servings.

LEMON CHIFFON PIE (Chris Lyons)

| | |
|---------------------------|------------------------------|
| 4 eggs, separated | 1/4 cup cold water |
| 1 cup sugar, divided | 1 teaspoon grated lemon rind |
| 1/2 cup fresh lemon juice | 1 baked 9" pie shell |
| 1/2 teaspoon salt | Whipped cream |
| 1 teaspoon gelatin | |

Beat egg yolks until thick. Add 1/2 cup sugar, lemon juice and salt. Cook in top part of double boiler over boiling water, stirring constantly until of custard consistency. Soften gelatin in cold water for 5 minutes, then dissolve in hot custard. Add lemon rind. Cool until mixture begins to thicken. Beat egg whites until stiff, then beat in remaining sugar. Fold into gelatin mixture. Blend well. Fill baked pie shell. Chill until firm. Cover with whipped cream.

STRAWBERRY PIE (Shirley Wood)

| | |
|--------------------------------|-----------------------------|
| 4 tablespoons corn starch | 1 cup sugar |
| 3 tablespoons strawberry Jello | 4-5 drops red food coloring |
| 1 cup water | |

Mix well and cook over medium heat until thickened, cool. Then add 1 pint fresh strawberries. Pour into baked pie shell. Serve with whipped cream or Cool Whip, if desired.

PECAN PIE (Shirley Wood)

| | |
|------------------------|-----------------------|
| 3 eggs | 1/4 cup melted butter |
| 1 cup sugar | Pinch of salt |
| 1 cup light corn syrup | Unbaked pie shell |
| 1 cup pecans | |

Mix all ingredients together then pour into pie shell. Bake in moderate oven 325° for 35-45 minutes.

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| | |
|--|--|
| 2 cups milk | 2 cups milk |
| 1 3-1/4 oz package instant vanilla pudding mix | 1 3-1/4 oz package instant vanilla pudding mix |
| 1 8-oz package Philadelphia Cream Cheese | |
| 1/2 cup milk | |

Stir bananas into graham cracker crust. Gradually add 1/2 cup milk to softened cream cheese, mixing until well blended. Add pudding mix and remaining milk; beat slowly 1 minute. Pour into crust. Chill. Garnish with coconut.

FLORIAN MONTY HIE (Janice Green)

| | |
|---------------------------------|---------------------------------|
| 1/2 cup sour cream | 1/2 cup sour cream |
| 1/2 pint (1 cup) whipping cream | 1/2 pint (1 cup) whipping cream |
| 1/2 cup sliced fresh peaches | 1/2 cup sliced fresh peaches |
| 1/2 cup honey | 1/2 cup honey |

Slice fresh peaches. Blend 3 tablespoons honey with sour cream and fold in peaches. Whip cream and fold in remaining 3 tablespoons honey. Fill pastry shell with half of the whipped cream mixture and spoon in the peaches and sour cream, top with remaining whipped cream. Chill about 2 hours. Serves 6.

ALICE BIE (Mrs. Carl Meyer)

1/4: 4 egg whites 1/4 teaspoon cream of tartar
1/2 cup sugar

Beat egg whites until frothy and add cream of tartar. Gradually add sugar and beat until stiff. Spread in 9" pie plate. Bake at 300° for one hour. Cool.

Filling: 4 egg yolks 1/2 cup brown sugar
1 teaspoon vanilla 1 cup cream
1/2 grains salt

Beat egg yolks, sugar, salt and vanilla in upper part of double boiler. Place lower part in water. Stir and cook until thick. Cool. Whip cream (if regular cream, use 2 tablespoons of powdered sugar). Spread half over crust. Spread thick. Cover with remaining part of cream. Chill 12-24 hours.

Decorate: For chocolate filling, add 1 square chocolate and white sugar (1/2 cup) to the filling (1/2 cup).

... (1997) ...

| | | |
|--------------------------|----------------|-----|
| 1 teaspoon baking powder | 2 egg yolks) | Mix |
| 1 teaspoon salt | 3/4 cup milk) | |
| 1/2 cup sugar | | |

Roll out half the dough on wax paper or floured board and put on cookie sheet. Spread with filling (or top with different fillings at one time). Put the other half on top. Bake at 350° for 30 minutes.

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[redacted] [redacted] [redacted] [redacted] till [redacted] [redacted] [redacted]
[redacted] [redacted]

PIES

FROZEN PUMPKIN ICE CREAM PIE (Beverly Halfacre)

| | |
|-------------------------------|--|
| 3/4 cup pitted dates | 1/2 cup brown sugar |
| 1/4 cup water | 1/8 teaspoon salt |
| 1/4 cup butter or margarine | 1 teaspoon cinnamon |
| 1 tablespoon sugar | 1/4 teaspoon nutmeg |
| 1/3 cup chopped nuts | 1/8 teaspoon cloves |
| 3/4 cup fine cornflake crumbs | 1 quart vanilla ice cream, slightly softened |
| 1 cup canned pumpkin | Whipped topping for garnish |
| Green food coloring | |
| Maraschino cherries | |

Combine dates and water; cook and stir over low heat until a soft paste is formed. Stir in butter. Remove from heat. Add sugar, nuts and cornflake crumbs to date mixture. Mix well and press mixture evenly around sides and in bottom of 9" pie pan to form crust. Chill. Combine pumpkin, brown sugar, salt and spices. Add ice cream and mix well. Place mixture in chilled crust. Freeze until firm. Allow to stand at room temperature about 15 minutes before cutting. Add green food coloring to whipped topping. Serve pie with topping, garnished with extra chopped nuts or nutmeg and maraschino cherries. Makes 6-8 servings.

FRENCH CHERRY PIE

| | |
|--|----------------------------------|
| 1 cup cold milk | 1 baked 8" pie shell, cooled |
| 1 cup (1/2 pint) sour cream | 1 can (21-oz) cherry pie filling |
| 1 package French Vanilla instant pudding | |
| 1/4 teaspoon almond extract | |

Combine milk, sour cream and almond extract in bowl. Add pudding mix. Slowly beat with rotary beater-at low speed of electric mixer until well blended, about 1 minute. Quickly pour into pie shell. Chill 2 hours. Spoon cherry pie filling over each serving.

STRAWBERRY PIE

3/4 cup sugar
1/4 cup cornstarch

1-1/2 cups water

Cook together until transparent (long enough to eliminate corn starch taste). Add 1 package Strawberry Jello. Let cool until partly jelled. Pour over 1 quart of sliced strawberries. Pour into cooled 9" pie shell. Refrigerate until set. Top with Cool Whip or whipped cream.

PEANUT PIE (Joan Herron)

20 Ritz crackers, rolled fine 3/4 cup salted peanuts, chopped
1/2 cup sugar (1 small Planter)
3 egg whites (beat until frothy) - Have at room temperature with 1/4 teaspoon cream of tartar

Add 1/2 cup sugar to egg whites, one tablespoon at a time; beat until stiff. Add 1 teaspoon vanilla. Fold in cracker mixture. Bake in ungreased 9" pie pan at 350° for 20 minutes. Cool. Refrigerate at least 4 hours or overnight. 1-2 hours before serving, placed whipped cream on top. Shave chocolate over the top (German Sweet Chocolate Bar). Can add flaked coconut also.

PIES

SPINACH PIE (Janice Geach)

(It's so simple, it's stupid!!)

| | |
|-----------------------------|------------------------|
| 3 egg whites (beaten stiff) | 3/4 cup chopped pecans |
| 1 cup sugar | 1 teaspoon vanilla |
| 20 Ritz crackers (crumbled) | Pinch of salt |

Beat egg whites until stiff; fold in crackers, sugar, salt and pecans one at a time. Bake in lightly buttered 9" pie pan for 45 minutes at 325°.

BANANA BREEZE (Ruth Maloney)

No-Bake Crust:

| | |
|-------------------------------------|-----------------------------------|
| 1/2 cup regular margarine or butter | 1/2 teaspoon cinnamon (optional) |
| 1/4 cup sugar | 1 cup Kellogg's Corn Flake Crumbs |

Melt margarine, sugar and cinnamon in small saucepan. Place over low heat; stir constantly until bubbles form around edges of pan; remove from heat. Add Corn Flake Crumbs; mix well. Press mixture evenly in 9" pie pan to form crust. Chill.

No-Cook Filling:

| | |
|--|-----------------------------------|
| 1 package (8-oz) cream cheese, softened | 1 teaspoon vanilla extract |
| 1 can Eagle Brand Sweetened Condensed Milk | 5 medium size ripe bananas |
| 1/2 cup bottled lemon juice | 2 tablespoons bottled lemon juice |

(Measure accurately)

Beat the cream cheese until light and fluffy. Add sweetened condensed milk. Blend thoroughly. Add 1/3 cup lemon juice and vanilla and stir until thickened. Slice three of the bananas. Line crust with banana slices. Turn filling into crust. Refrigerate 2 or 3 hours. Slice the other two bananas and dip in remaining lemon juice. Garnish top of pie with banana slices. Yields: 8 servings.
Note: I slice the bananas in the filling and use Corn Flake Crumbs over the top.

PUMPKIN PIE (Adele Glandorf)

First bake pie crusts. Recipe makes two large pies.

| | |
|-------------------------|---------------------|
| 2 packages Knox Gelatin | 1 teaspoon nutmeg |
| 1/2 cup cold water | 1 teaspoon cinnamon |
| 1 large can pumpkin | 1-1/2 teaspoon salt |
| 1 cup milk | 2 cups sugar |
| 1/4 teaspoon ginger | 4 eggs |

1. Slightly beaten egg yolks, add 1 cup sugar and pumpkin, milk, salt, spices and cook until thick in double boiler. After cooking, now soak gelatin in 1/2 cup water and add to hot pumpkin before too stiff. Mix and let cool. After cooling, beat egg whites stiffly and add last cup of sugar to this and fold in pumpkin mix. Do not stir - just fold and add to already baked pie shells and cool in refrigerator until ready to serve. Keep extra pie refrigerated.

PIES

STRAWBERRY PIE (Mrs. Robert Bayn)

| | |
|---------------------|-----------------------------|
| 1 cup sifted flour | 1/2 cup melted butter |
| 1/4 cup brown sugar | 1/2 cup chopped pecan meats |

Stir above together, pat into 9" x 13" x 2" pan, bake 15 minutes at 350°. When cool, crumble and scatter in bottom of same pan.

In large bowl, put:

| | |
|--|------------------------|
| 2 egg whites - beat until fluffy | 1 cup sugar |
| 1 10-oz package frozen strawberries (thawed) | 1 teaspoon lemon juice |

Beat at high speed for at least 15 minutes. Fold in 1 envelope whipped Dream Whip and spread over baked crumbs. Put in freezer until ready to serve.

CHOCOLATE ALMOND PIE (Mrs. Robert Nichols)

| | |
|--------------------------|--------------|
| 1 big Almond Hershey Bar | 1/2 cup milk |
| 32 large marshmallows | |

Melt in double boiler. When cool, fold in 1/2 pint whipped cream. Put in graham cracker crust.

WATER WHIP PIE CRUST (Dorothy Doering)

| | |
|--------------------|-----------------------------|
| 1/2 cup shortening | 3 tablespoons boiling water |
| 1/2 teaspoon salt | 1 teaspoon milk |
| 1-1/4 cups flour | |

Beat shortening and boiling water. Add milk, mix until mixture looks like whipped cream. Add dry ingredients, mix. Roll out. Equals one 1-crust pie. Bake at 375° or at temperature stated in filling recipe shell.

PIE CRUST (Barbara Cheyne)

| | |
|--------------------|-------------------------|
| 1-1/4 cups flour | Salt |
| 1/2 cup shortening | Butter - size of walnut |
| 1/4 cup cold water | |

Cut together or mix in mixer flour, shortening, salt and butter until crumbly. Remove from mixer. Add water; mix until well blended. Roll out on a well floured board. Makes 2 crusts.

JELLO SALADS

JELLO SUPREME (Sandi Geerling)

- | | | |
|------------------------------------|---------------|--------------------|
| 1 double package Wild Cherry Jello | 2 apples } | Peeled and Chopped |
| 1 pint fresh strawberries | 2 oranges } | |
| 1 pint Cool Whip | 1/2 cup sugar | |
| 1 cup chopped nuts | | |

Dissolve Jello in 2 cups boiling water. Cut up strawberries; add sugar and slightly mash. Take juice from strawberries and supplement it with water to make 2 cups - add to Jello. Set in refrigerator until set. After Jello is almost set, fold in Cool Whip, nuts and cut-up fruit.

RIBBON JELLO (Judy Marshall)

- | | |
|---|---------------------|
| 4 small packages of Jello (suggested flavors or colors are green, red, yellow and orange) | |
| 2 envelopes Knox Unflavored Gelatin | 1/2 cup cold water |
| 2 cups milk | 2 teaspoons vanilla |
| 1 cup sugar | |
| 2 cups sour cream | |

Grease large Pyrex or "other" pan. Heat 2 packages unflavored gelatin in 1/2 cup cold water; add mixture to milk and sugar. Add 2 cups sour cream (regular 16-oz carton) and vanilla. Beat well. In the meantime, add 1 cup boiling and 1/2 cup cold water to each Jello - do separately. Then put one color in dish, starting with green and let set. Next add a layer of filling. Continue on with Jello and filling - letting each set rather firmly before adding the next. End up with red on top.

FROZEN PINK SALAD (Marilyn Decker)

- | | |
|---------------------------------------|------------------------------------|
| 1 8-oz package cream cheese, softened | 1/2 pint heavy cream, whipped |
| 1/2 cup mayonnaise | 1 No 2 can fruit cocktail, drained |
| 2 tablespoons milk | 1 small bottle red cherries, |
| 1 5-oz package Jello | drained and chopped |
| 1 cup water | 1 cup miniature marshmallows |
| 1/2 cup pecans, chopped | |

Blend cream cheese, mayonnaise and milk. Dissolve Jello in hot water and chill until thickened. Add whipped cream and cream cheese mixture; blend thoroughly. Fold in fruits, marshmallows and nuts. Put in half gallon milk carton; freeze. To serve, slice through carton and salad.

MILKED PINEAPPLE SALAD (Margaret Fought)

- | | |
|---|--------------------|
| 1 can crushed pineapple) | Boil for 5 minutes |
| 1/2 cup sugar) | |
| Juice of one lemon) | |
| 2 packages gelatin dissolved in 1/4 cup water | |
| 1 cup boiling water | |

Add gelatin and boiling water to pineapple mixture and let cool. Then fold in 1 package cream cheese and 1 pint whipped cream.



JELLO SALADS

RASPBERRY DELIGHT SALAD (Edith Choate)

1 package Raspberry Jello - Dissolve in 1/2 cup boiling water

Chill. This sets rapidly, so watch closely.

Add: 1 cup crushed pineapple, drained well
2 bananas, diced
1 cup heavy cream, whipped
1/2 cup nutmeats, chopped

Place in mold until set.

FROSTED GELATIN (Bea Ziegenbein)

| | |
|---------------------------------|--------------------------|
| 1 package Lemon Jello (large) | 2 cups 7-Up |
| 1 cup boiling water | 2 large bananas (sliced) |
| 1 can pineapple (crushed 20-oz) | 1 cup Cool Whip |
| 1 cup miniature marshmallows | Grated American Cheese |

Dissolve gelatin in water and cool. Stir in 7-Up and chill until partly set. Fold in pineapple (drained), bananas and marshmallows. Pour into 9" or 7" x 12" pan and chill until firm. Add topping and chill overnight.

Topping: Combine 1/2 cup sugar, 2 tablespoons flour, 1 cup pineapple juice, 1 egg (slightly beaten). Cook over low heat until thickened. Add 1 tablespoon butter and cool. Fold in Cool Whip. Spread on Jello and sprinkle shredded cheese over top. Chill. Serves 10-12.

CHERRY JELLO SUPREME (Genny Price)

6-oz package cream cheese
1 6-oz box Black Cherry Jello
1 can dark sweet pitted cherries
1/2 lb crushed walnuts

Make gelatin as directed on box, except for the cold water, add the juice from the cherries to make two cups. Set aside. Mix together softened cream cheese and crushed walnuts. Next split the cherries in half and add the cream cheese and walnuts. Drop in slightly cool Jello. Serves 6-8.

ORANGE DELIGHT (Karen Kurzynowski)

| | |
|---|----------------------------------|
| 1 small box Orange Jello (dry) | 1 large container cottage cheese |
| 1 large container Cool Whip or substitute | (large or small curd) |
| 1 small can crushed pineapple, drained | |

Combine the above ingredients and let set for at least one hour before serving (in refrigerator). Makes approximately 3 quarts. It's a quick salad or dessert and it's GOOD.

JELLO SALADS

ORANGE FLUFFY SALAD (Mary Raser)

- | | |
|-------------------------|---|
| 1 can mandarin oranges | 1 small package Orange Jello |
| 1 carton cottage cheese | 1 pint whipped cream or whipped topping |

Combine mandarin oranges and cottage cheese in large serving bowl. Beat whipped cream in separate bowl until fluffy. Add whipped cream to cottage cheese mixture along with package of orange Jello and mix well. Chill several hours before serving.

EASTERN SALAD (Phyllis Hendrickson)

- | | |
|-----------------------|-------------------------|
| 16 large marshmallows |) Melt in double boiler |
| 1 cup milk | |

Pour over 1 box of Lime Jello; stir until dissolved. Cream and add two small packages cream cheese and one can crushed pineapple (No 2). Whip one cup cream and pour into mold. Use maraschino cherries for garnish.

QUICK & EASY FRUITY SALAD (Frank Sarns)

- | | |
|-----------------------|-------------------------------------|
| 1 package Lime Jello | No 2 can crushed pineapple, drained |
| 1 pint cottage cheese | 9 ounces Cool Whip |

Mix all together and let set in refrigerator for 30 minutes. (Do not mix Jello with any water - sprinkle dry over rest of ingredients and stir in.) This recipe can be varied many ways - for example, use orange Jello with mandarin oranges and small green grapes. The Jello used will determine color of salad. Use any compatible fruit and Jello.

LEMON-LIME JELLO SALAD (Dorothy Piper)

- | | |
|--|----------------------------------|
| 1 small package each of Lemon & Lime Jello | 1 can condensed Eagle Brand Milk |
| 2 cups boiling water | 1 can crushed pineapple |
| 1 pint cottage cheese | 1 tablespoon horseradish |

Dissolve Jello in boiling water, add balance of ingredients, mixing well. Pour into mold and let stand in refrigerator until set. Maraschino cherries or sliced green olives can be added for color. Nutmeats can also be added if desired.

APRICOT JELLO (Judy Heins)

Mix 1 3-oz package Apricot Jello, 3-3/4 cups boiling water and 1/2 cup sugar. Let cool.

Drain 1 2 can crushed pineapple, save juice. Add pineapple to Jello and slice 1/2 inch cubes on top. Let set.

Cook pineapple juice, an egg, 1 tablespoon butter, and a pinch of salt until mixture is thick. Add 3 oz cream cheese and let cool. Whip a package of Dream Whip and stir into mixture. Top Jello which has set. Will keep for several days in refrigerator.

JELLO SALADS

ORANGE JELLO SALAD (Jean Boucher)

- | |
|--|
| 1 can mandarin oranges, drained |
| 1 medium size can crushed pineapple, drained |
| 1 lb small curd cottage cheese |
| 1 large Cool Whip |

Add cottage cheese and Cool Whip to well-drained fruit. Sprinkle with a small box of Orange Jello and mix well. Refrigerate mixture for at least 2-3 hours.

STRAWBERRY JELLO SALAD (Pam Baginski)

- | |
|--|
| 2 3-oz or 1 6-oz package(s) Strawberry Jello |
| 1 lb package frozen strawberries |
| 1 cup boiling water |
| 1 small can crushed pineapple |
| 1-1/2 cups chopped walnuts |

Let frozen strawberries thaw. Dissolve Jello in boiling water. Add all ingredients. Let set in molded dish. Serve with sour cream on the side.

BROKEN GLASS SALAD

- | | |
|------------------------------|-------------------------------|
| 1 package Orange gelatin | 1 package Grape gelatin |
| 1 package Strawberry gelatin | 1 large can crushed pineapple |
| 1 package Lime gelatin | 1 pint heavy cream, whipped |

Prepare gelatin separately according to package directions. Chill until firm; cut into fine squares. Drain pineapple - add pineapple with whipped cream to gelatin squares. Pour into 9" x 5" flat pan. Chill overnight. Cut into squares.

VEGETABLE JELLO SALAD (Barb Wilcox)

- | | |
|---------------------------|---------------------------------|
| 1 large or 2 small onions |) Chop (Can be done in blender) |
| 2 carrots | |
| 1 green pepper | |

- | |
|--------------------------------------|
| 1 package Lemon Jello |
| 1/2 envelope Knox Unflavored Gelatin |

Add to 1/2 cup boiling water. Stir until dissolved and add:

- | |
|--------------------------------|
| 1 cup sour cream |
| 1 lb small curd cottage cheese |
| 1/2 cup salad dressing |

Add chopped vegetables and refrigerate until firm.

FINGER JELLO (Cindy Gostola)

- | | |
|--------------------------|-------------------------|
| 4 cups boiling water | 3 small boxes Jello |
| 1 tablespoon lemon juice | 4 packages Knox Gelatin |

Mix Knox Gelatin with one cup boiling water, stir until dissolved. Stir in remaining Jello and water, add 1 tablespoon lemon juice. Let stand in refrigerator. Cut into squares - EAT.

JELLO SALADS

LEMON JELLO (Linda Kreas)

1 package Lemon Jello
1 cup boiling water
1 can drained pineapple

1 small Philadelphia cream cheese
1 carton whipping cream

Mix Jello with the water; add cream cheese and break it into small pieces. Stir with a fork and add juice from the pineapple. Let stand in the refrigerator until it starts to firm up. Take out and add pineapple.

Mix whipping cream with sugar and beat until stiff. Fold this into the Jello mixture and let stand until firm.

MILK CHERRY SALAD (Myrna Collins)

1/4 cup pineapple juice - Heat and add to:
1 package Cherry Jello - Heat again.

Add: 1 small can crushed drained pineapple
1 can whole cranberry sauce
1 cup nuts (optional)

NOTE: If you want a larger mold to serve approximately 10.

LEMON JELLO SALAD (Sallie Adams)

Dissolve 1 package Raspberry or Strawberry Jello in 2 cups hot water. Place in a pan and when slightly jellied, add 1 cup cranberries (ground). Chill until firm. (Can add nuts with cranberries.)

Mix 1 package Orange Jello in 1/2 cup hot water. Dissolve 3 ounces cream cheese and 1 cup orange juice. Chill and then fold in 1/2 pint whipped cream. Add to first mixture. Chill until firm.

Dissolve 1 package Lime Jello in 2 cups hot water. When slightly chilled, add 1/2 cup green seedless grapes or 1 cup crushed pineapple and 1/2 cup celery sliced fine. Add to mixture No 2.

Chill overnight or for several hours. Turn out on plate when ready to serve and garnish with parsley and cherries.

LEMON ORANGE JELLO

1 package Orange Jello)
1 cup boiling water) Combine and cool.
1 cup pineapple juice)

Add 1 pint orange sorbet gradually. Add 1 small can pineapple tidbits and 1 small can mandarin oranges. Turn into a 9" x 9" pan or individual molds and set. Not meant to be eaten if desired.

JELLO SALADS

FIG AND ORANGE MOLD (Vi Abbey)

| | |
|--|-----------------------------|
| 1 package (3-oz) Lemon-Orange Jello or Orange-Pineapple Gelatin | 3/4 cup cold water |
| 1/4 teaspoon salt | 1 tablespoon lemon juice |
| 1 cup boiling water | 1/2 cup dried figs |
| | 1 cup diced orange sections |

Dissolve gelatin and salt in boiling water. Add cold water and lemon juice. Chill until very thick. Meanwhile, cover figs with boiling water; let stand 10 minutes. Drain; remove stems and cut into fine strips. Fold figs and oranges into gelatin. Pour into a 1 quart mold. Chill until firm. Unmold. Serve plain or with cream. 6 servings.

APRICOT SPARKLE DESSERT OR SALAD (Yevonne Wilkinson)

2 Bananas (Not too ripe)
No 2 can crushed pineapple (Drained)
2 packages Apricot Jello - dissolved like instructions

When Jello starts to thicken, add pineapple and diced bananas. Pour into 9" x 13" pan.

| | |
|--------------------------------------|-------------------------|
| <u>Topping:</u> 2 tablespoons butter | 1 egg |
| 2 tablespoons flour | 1/2 cup pineapple juice |
| 1/2 cup sugar | |

Cook until thickened. Add 3-oz package cream cheese. Mix well and cool. When cold, add 1 package whipped Dream Whip. Pour on top of Jello evenly.

CRANBERRY SOUFFLE SALAD

2 cans (1 lb each) cranberries - sauce or whole
1/2 cup mayonnaise
2 envelopes unflavored gelatin
1/2 cup finely chopped nuts

Empty cranberries into saucepan; stir in gelatin and let stand 5 minutes. Heat to boiling; let cool until syrupy. Fold in mayonnaise and nuts. Pour into foil-lined loaf pan - 8" x 5" x 3". Chill until set.

CINNAMON APPLE SALAD

| | |
|------------------------------|-----------------------------|
| 2 packages Lemon gelatin | 1 tablespoon lemon juice |
| 1/2 cup red cinnamon candies | Dash of salt |
| 2 cups of boiling water | 1 3-oz package cream cheese |
| 2 cups applesauce | 1/2 cup broken walnuts |

Dissolve gelatin and candy in boiling water. Stir in applesauce, lemon juice and salt. Chill till partially set. Form cream cheese into tiny balls. Stir cheese balls and nuts into gelatin mixture. Pour into mold and chill until firm.

JELLO SALADS

CRANBERRY SALAD (Sherrie Campbell)

Dissolve and set aside: 1 large package Strawberry Jello
2 cups hot water

Chop in blender: 1 cup raw cranberries
1 whole orange with 3/4 skin removed
1 large apple
2 cups cold water

Combine both of above and chill.

APRICOT SALAD (Mary Helen Yoxheimer)

| | |
|--|--------------------------------|
| 2 packages Apricot Jello (A&P) | 1/2 cup pineapple juice |
| 2 cups boiling water | 1 egg, beaten |
| 2 cups cold water (scant) | 1/2 cup sugar |
| 1 No 2 can crushed pineapple (drain and save fruit) | 2 tablespoons butter |
| 2 large bananas | 1 3-oz package cream cheese |
| | 1 package Dream Whip (whipped) |

Prepare Jello and when it starts to jell, add drained pineapple and bananas.
Let set until solid.

Mix together 1/2 cup pineapple juice, egg, sugar and 2 tablespoons butter;
cooking until thick, while still hot add cream cheese. Let cool and add
1 package whipped Dream Whip. Spread on top of Jello.

COTTAGE CHEESE SALAD (Jeanne Armstrong)

| | |
|--|--|
| 1 lb carton cottage cheese (small curd) | 1 can mandarin orange slices (well drained) |
| 1 small package Orange Jello (sprinkle on) | |
| 1 large carton Cool Whip | 1 can crushed pineapple (well drained) |

Mix. Chill and serve.

CRANBERRY SALAD (Lillie Henry)

| | |
|------------------|----------------|
| 1 lb cranberries | 1 whole orange |
| 2 whole apples | |

Put thru food chopper and add 1-1/2 cups sugar. Let stand 3 hours.

Dissolve: 2 small or 1 large package Cherry Jello in 1 cup hot water. Add
to mixture and add 1 cup chopped celery and 1 cup nutmeats. Chill.

EASY PINK SALAD (Linda Adkins)

| | |
|---|--|
| 1 3-oz package Strawberry Jello | 1 20-oz can crushed pineapple in it's own juice |
| 1 16-oz tub small curd cottage cheese | |
| 1 16-oz tub whipped topping (Cool Whip) | |

Combine all ingredients. Chill and serve.
NOTE: Any flavor Jello may be used.

JELLO SALADS

CRANBERRY JEWEL SALAD (Lynne White)

| | |
|-----------------------------|--------------------------|
| 1 package Raspberry gelatin | 2 cups fresh cranberries |
| 1 cup hot water | 1 orange |
| 1/2 cup cold water | 1 cup sugar |

Dissolve gelatin in hot water. Add cold water and set aside to cool. Put
raw cranberries and orange (quartered and seeds removed) through food chopper.
Add sugar and mix well. When gelatin begins to thicken, fold in cranberry-
orange mixture. Pour into mold. Chill until firm. Serves 4-6.

DESSERTS

EASY SMALL ALASKA (Mrs. John Laetz)

1 package small shortcakes (as used for strawberries)
Ice Cream (flavor of your taste)
Meringue

Fill small shortcakes with rounded good sized scoop of ice cream. Freeze while making meringue. Place on foil tray and completely cover with meringue. Freeze hard and cover. Will keep in freezer about 2 weeks. When ready to use, remove from freezer and brown meringue at 400°. Serve immediately.

Meringue: Beat 6 egg whites with 1/2 teaspoon cream of tartar until frothy. Beat in very gradually 1 cup sugar. Continue beating until meringue is stiff and glassy.

BLUEBERRY BUCKLE (Trish Daly)

| | |
|--------------------------------|--------------------------|
| 1/2 cup shortening | 1/4 teaspoon salt |
| 1/2 cup sugar | 1/2 cup milk |
| 1 well-beaten egg | 2 cups fresh blueberries |
| 1 cup sifted all-purpose flour | cinnamon crumbs |
| 2-1/2 teaspoons baking powder | |

Thoroughly cream shortening and sugar; add egg and mix well. Sift flour, baking powder and salt; add to creamed mixture alternately with milk. Pour into well-greased 11-1/2" x 7" x 1-1/2" pan. Top with blueberries. Sprinkle cinnamon crumbs over berries. Bake at 350° for 45-50 minutes. Cut into squares. Serve warm. Makes 8-10 servings.

Cinnamon Crumbs: Mix 1/2 cup sugar, 1/2 cup sifted all-purpose flour, 1/2 teaspoon cinnamon. Cut in 1/4 cup butter until crumbly.

EASY ENGLISH TRIFLE (Linda English)

| | |
|--|---|
| 1 - 2 package ladyfingers | 1 package instant vanilla pudding |
| 1/4 cup cherry (or maple syrup) | 2 cups milk (or half-and-half) |
| 2 bananas, thinly sliced | 1 4-1/2-oz carton frozen whipped topping, |
| 1 - 10-oz package frozen strawberries or | thawed |
| raspberries, thawed | 1/4 cup maraschino cherries, drained |
| 1 tablespoon instant vanilla | and chopped |
| 1/4 cup sliced almonds, toasted | |

Line bottom of square or rectangular cake pan with ladyfinger halves. Moisten with cherry or syrup. Place thin banana slices over ladyfingers. Drain strawberries; cut into fourths to halves and heat until thick and clear. Cool mixture; then add strawberries to it and spread over bananas. Prepare instant pudding with milk according to package directions and spread over strawberries. Spread whipped topping over pudding and garnish with cherries and almonds. Chill several hours.

DESSERTS

DESSERTS

CUSTARD

| | |
|-----------------------------------|--------------------|
| 4 eggs (whole, whites included) | 1 teaspoon vanilla |
| 3/4 cup sugar (1 cup, if desired) | 2-1/2 cups milk |
| 1/4 teaspoon salt | |

Scald milk. Beat eggs, sugar, salt and vanilla. Add milk and blend. Pour into unbaked shell. Bake at 350° for about 45 minutes.

CRACKER MERINGUE DESSERT (Evelyn Bacon)

| | |
|-------------------------------------|-----------------|
| 1/2 cup pecans, cut fine | } Mix together. |
| 22 Ritz crackers - rolled to crunch | |
| 1/2 cup sugar | |

| | |
|--------------------|--|
| 3 egg whites | } Fold above mixture into stiffly beaten egg whites. |
| 1/2 cup sugar | |
| 1 teaspoon vanilla | |

Grease 8" x 8" pan and bake for 25 minutes at 350°. Cut in squares when cool. Serve plain with fruit or I prefer ice cream and strawberries.

BLUEBERRY DESSERT (Cherie Howe)

| | |
|---------------------|---------------------|
| Base: 2 sticks oleo | 1/2 cup brown sugar |
| 2 cups flour | 1 cup nuts |

Press down in 9" x 13" pan. Bake 15 minutes at 375°. Cool.

Cream: 8-oz package Philadelphia Cream Cheese
1 cup sugar
Dab of vanilla

Beat: 2 packages Dream Whip

Fold in cheese mixture. Spread on top of cake mixture. Put in refrigerator overnight. Then spread with blueberry pie filling.

CHERRY TORTE

| | |
|-------------------------------|--------------------|
| 1 10-inch angel food cake | 1/3 cup cornstarch |
| 2 No 2 cans red tart cherries | 1 cup heavy cream |
| 1-1/2 cups sugar | |

Drain cherries - save juice. Put 3/4 cup water in pan and bring to a boil. Add sugar and boil until dissolves, stirring constantly. Dissolve cornstarch in juice and add to syrup slowly and boil until quite thick and clear, stirring constantly. Cool. Cut cake in 3 layers. Spread cherry mixture on each slice thickly, sandwich fashion, saving enough for top of cake. Serve with whipped cream.

DESSERTS

FLAMING SNOWBALLS (Ann Horton)

Vanilla Ice Cream
Coconut
Sugar Cubes

Pure Lemon Extract
Chocolate Syrup

Form "snowballs" of vanilla ice cream (scoop with ice cream scoop and mold by hand into ball). Roll ice cream balls in shredded or flaked coconut. Place on cookie sheet and put in freezer until serving time. (These may be made ahead and stored indefinitely.) To serve, soak sugar cubes in lemon extract while placing chocolate syrup to cover bottom of sherbert glass. Place snowball in center of chocolate syrup. Place lemon extract soaked cube on top of snowball and light with match.

Caution: Make sure extract is pure lemon and not imitation or it will not flame and warn guests not to place hot sugar cube in mouth. Makes a simple, prepare ahead, festive dessert for all special occasions.

STRAWBERRY DI (Diane Mitchell)

1 large box Strawberry Jello
2 small boxes frozen strawberries (thawed)
1 medium size container Cool Whip
1/2 of angel food cake (Sold in grocery store in a 16-oz size package)

Take Jello, add boiling water according to package directions. Add thawed strawberries, mix, place in refrigerator until Jello just begins to take form (approximately 1 hour). Then take Cool Whip - fold into strawberry mixture, set aside. Divide angel food cake in two, tear one portion into pieces and place in bottom of a 13" x 9" x 2" pan. Pour 1/2 of strawberry mixture over cake pieces; tear remaining half of cake, place in pan. Pour remaining portion of strawberry mixture in pan. And there you have it, a simple but delicious dessert for any occasion.

CHEERIES JUBILEE (Eleanor Paul)

This is an elegantly simple dessert where you can use your chafing dish (a covered casserole with warmer could also be used).

1 No 2 can Bing cherries (frozen Michigan cherries may be substituted)
6 dishes of vanilla ice cream
1/2 cup of Kirschen or 60 proof Brandy

Bring 1-1/2 cups cherry juice to a slow boil. To boiling juice, add cherries and reduce heat. Transfer to chafing dish and finish preparations at serving time. Pour Kirschen or Brandy over mixture and ignite. When blue flame dies down, pour over ice cream and serve.

DESSERTS

LEMON CREAM DESSERT (Arlene Ashley)

3/4 cup crushed graham crackers }
2 tablespoons sugar }
1/4 cup margarine, melted }

Blend and press into large Pyrex or cake pan. Refrigerate.

6 oz Lemon Jello }
2 cups boiling water }
1 cup cold water }
2 tablespoons lemon juice }

Dissolve gelatin, add cold water and juice and chill until partially set. Whip until light and fluffy.

8 ounces cream cheese }
1/2 cup sugar }

Soften cheese, blend in sugar and whip into gelatin.

1 cup whipping cream
Lemon extract

Whip cream, add extract and whip into gelatin. Put bowl in refrigerator and when mixture begins to set, beat again and pour into pan to mold. This can be varied by using different gelatin flavors or adding fruit when ready to mold.

DESSERT CUSTARD (Phyllis Hendrickson)

2 eggs, beaten
1/2 cup butter or oleo

3/4 cup sugar
1 small can crushed pineapple

Cook in double boiler until it thickens (coats spoon). Let cool and add 1/2 cup broken English walnuts.

Layer of Graham Crackers
Layer of Custard
Layer of Graham Crackers
Layer of Whipped Orange Jello

Make it a day before serving.

BANANA SPLIT DESSERT (R. J. Clarke)

2-3 Bananas
1/2 gallon Neopolitan ice cream
1 cup chopped nuts
1 cup chocolate chips
Graham cracker crumbs

1/2 cup butter
2 cups powdered sugar
1-1/2 cups evaporated milk
1 teaspoon vanilla
1 pint whipping cream

Cover bottom of 11" x 15" pan with graham cracker crust. Reserve 1 cup crumbs. Slice bananas over crust. Slice ice cream in 1/2" pieces - place over bananas. Sprinkle ice cream with 1 cup nuts and FREEZE until firm. Melt 1 cup chocolate chips with 1/2 cup butter; add 2 cups powdered sugar and 1-1/2 cups evaporated milk. Cook mixture until thick and smooth, stirring constantly. Remove and add 1 teaspoon vanilla - cool and pour over ice cream - freeze until firm. Whip cream and spread over chocolate layer and top with crumbs. Store in freezer. Take out 10 minutes before serving. (Serves 25)

DESSERTS

PINEAPPLE DESSERT (Margaret Choate)

1/2 cup butter or margarine
1/2 cup sugar
1 egg
1 teaspoon cream
1 cup crushed pineapple (reserve juice)
2-1/4 cups graham cracker crumbs
1 cup walnut meats

Cream butter and sugar, add beaten egg. Then add cream and pineapple. Cream all together. Line square cake pan with waxed paper, cover well with 1/3 of crumbs. Pour over this 1/3 of mixture some of the nutmeats and 1/3 cup pineapple juice. Proceed until there are 3 layers in pan with crumbs on top. Let stand in refrigerator for 24 hours. Slice and serve plain or with whipped cream on top.

APPLE CRISP (Cheryl Aberle)

Prep: 7 large (tart) apples cored and sliced thin in 2 quart greased casserole dish.
Add: 1/2 cup water
1-1/2 teaspoons salt
2 teaspoons cinnamon

In separate dish, sift: 1 cup flour
1-1/3 cups sugar
Put with fingers, 1 stick oleo in with flour and sugar. Sprinkle over top of apples. Bake at 350° for 40 minutes.

LEMON SQUARES (Mrs. Jean Walstrum)

Crust: 1/2 cup butter or margarine
1/2 cup powdered sugar
1-1/2 cups flour
1/2 teaspoon salt

Mix together by hand and spread in 13" x 9" pan. Bake 15 minutes at 350°.

Filling: Beat together: 3 eggs
1-1/2 cups sugar
Add: 1/2 cup bottled lemon juice
and mix: 3 tablespoons flour
1/2 teaspoon baking powder

Spread on top of baked crust. Bake 20 minutes at 350°. Sprinkle immediately with powdered sugar.

LEMON PUDDING (Della Dahl)

1/2 cup sugar
1/2 cup milk
1/2 cup butter
2 cups flour, sifted
1/2 teaspoon salt
1 teaspoon baking powder
1 cup flour

Combine sugar and butter, then add other dry ingredients, alternating milk. Pour batter over sliced peaches placed in bottom of 8" x 2" pan.

Filling: 1 cup sugar
1 teaspoon instant
1/4 teaspoon salt
1 cup boiling water

Mix dry ingredients and add over butter. Pour 1 cup boiling water over this. Bake at 350° for 40 minutes. Serve warm with cream.

DESSERTS

ICE CREAM DESSERT (Mr. Robert Bayn)

1 cup brown sugar
2-1/2 cups corn flakes (crush after measuring)
1/2 cup chopped walnuts
8 ounces coconut

Mix above together. Add 1/4 lb melted margarine. Pat 1/2 of mixture into greased 9" x 12" pan. Spread 1/2 gallon vanilla ice cream softened over above. Put rest of mixture on top. Put into freezer until ready to use. Serves 10-12 people.

TANGERINE RICE PUDDING

2 teaspoons grater tangerine peel
2/3 cup fresh tangerine juice, chilled
3-3/4 ounce package vanilla whipped dessert mix
1/2 cup dairy sour cream, chilled
2 cups cold cooked rice
4 tangerines, peeled, sectioned, seeded

Grate peel from tangerines; set aside; combine 1/3 cup juice and mix in small mixing bowl; beat at high speed one minute; add remaining juice and sour cream; beat at high speed two minutes. Stir in peel and rice; cut one cup of tangerine sections into bite-size pieces; spoon alternate layers of rice mixture and tangerine pieces into parfait glasses; garnish with remaining whole tangerine sections; chill thoroughly. Serves 6.

FROSTY STRAWBERRY SQUARES (Peggy Webb)

1 cup flour
1/4 cup brown sugar
1/2 cup chopped nuts (usually pecans)
1/2 cup butter, melted

Combine and spread in shallow pan - bake 20 minutes at 350°, stirring occasionally.

Sprinkle 2/3 of crumbs in 13" x 9" x 2" pan.

Combine in large bowl: 2 egg whites
1 cup granulated sugar (2/3 cup if frozen berries)
2 cups fresh strawberries (or 10-oz package of frozen berries - partially thawed)
2 tablespoons lemon juice

Beat at high speed until stiff (takes a good 10 minutes). Fold in 1 cup whipped cream (or package of Dream Whip or Cool Whip). Spoon over crumbs in pan - sprinkle remaining crumbs over top. Freeze at least 6 hours - keeps well. Remove just before serving.

APPLE CRISP (Mrs. Edward Licking)

1 cup brown sugar
1 cup flour
Salt
1 teaspoon baking powder
1/2 cup shortening
1 teaspoon cinnamon

Mix the above ingredients. Quarter apples; put in pan. Cover with mixture. Bake at 350° for 40 minutes. Put some white sugar and cinnamon on apples to taste.

PEACHES

PEACH CRISPS (Jill Ford)

1 cup flour
1 cup sugar

1-1/2 teaspoons baking powder

Mix above ingredients. Add 3/4 cup milk and mix.

Melt stick of butter in cake pan and pour above batter over melted butter. Add large can of peaches and syrup. Sprinkle 3/4 cup sugar over top. Sprinkle nutmeg and cinnamon over top - 1 teaspoon each or to taste. Bake at 350° for 25-30 minutes.

PEACH PIE DESSERT (Rita Eder)

Crust crust: 1-1/2 cups graham cracker crumbs
1 stick soft butter
2 tablespoons sugar

Bake 15 minutes at 400°. Cool.

Mix together: 1 large Philadelphia cream cheese
1 cup confectioner's sugar

Spread over cracker crust. Sprinkle 1/2 cup chopped nutmeats over cheese mixture. Whip 1/2 pint whipping cream (sweeten slightly) and spread over nuts. Spread 1 can peachapple pie filling over cream. Refrigerate 24 hours.

PEACH-UNITY BALLS (Lillie Henry)

1 lb dates - chopped
1 package small marshmallows
4 ounces cherries - chopped

4 ounces walnuts - chopped
1 can Eagle Brand Condensed Milk
1 cup coconut

Put everything up in pieces and mix. Then roll in small balls and roll in coconut. Put in refrigerator to harden. Makes about 10 dozen.

PEACH JELLO (Josephine Schafer)

26 graham crackers
1/4 stick butter or oleo
1 large can Pet Milk
1 cup hot water

1 Lemon Jello
1 cup sugar
2 3-oz packages cream cheese
Juice and rind of 1 lemon

Soften Jello in hot water in a 1 quart bowl. Add sugar, lemon juice, rind and cream. While that melts, roll crackers. Add melted butter, mix and pat in a 10" x 8" pan. Sprinkle a little to sprinkle on top. Whip Pet Milk and add Jello mixture. Whip a little more and pour into cracker crumb shell.



SOUPS

FRENCH ONION SOUP (Laurie Faulkner)

| | |
|--|------------------------------------|
| 4 large onions, thinly sliced | 2 teaspoons Worcestershire Sauce |
| 4 tablespoons butter or oleo | Dash of pepper |
| 4 10-1/2 ounce cans condensed beef broth | 6 slices French bread, sliced 1/2" |
| 1/2 cup dry sherry | thick and toasted |
| 3/4 cup grated parmesan cheese | |

In large saucepan, cook onion in butter until tender but not brown, about 20 minutes. Add beef broth, sherry, worcestershire and pepper. Bring to boiling. Pour into 6 individual casseroles. Float slice of French bread on each and sprinkle generously with parmesan cheese.

VEGETABLE SOUP (Norma Hawley)

| | |
|----------------------------------|--|
| 2 lbs ground beef | Celery finely chopped (as much as desired) |
| 1 onion, cut up fine | 1/4 cup barley |
| 1 quart tomato juice or tomatoes | 2 or 3 quarts water |
| *1 can drained lima beans | Add margarine, salt and pepper |
| *2 or 3 sliced carrots | to taste |
| *1 small can corn | |
| *8 or 10 string beans | |

Brown meat in soup kettle. Add onion, carrots and celery and cook until tender in cooking oil. Add other ingredients and simmer for 2-3 hours and serve with corn bread or biscuits.

*NOTE: Can use mixed vegetables (frozen or canned) instead of above vegetables.

FRENCH-CANADIAN ONION SOUP (Sandie Good)

| | |
|-------------------------------|--------------------------------|
| 1/2 cup butter | Few drops Tabasco Sauce |
| 3 large onions, thinly sliced | Salt and pepper to taste |
| 1-1/2 tablespoons flour | 6 slices toast |
| 5-1/2 cups beef bouillon | 4 ounces grated cheddar cheese |

Fry thinly sliced onions in butter until golden brown. Stir in the flour; add stock and seasonings and simmer for 10 minutes. Pour the soup in individual ovenproof dishes, lay a slice of toast on top and cover with cheese. Broil 3 or 4 minutes until cheese is melted and bubbles up.

SALADS & DRESSINGS

MIXED BEAN SALAD (Reva Whitford)

| | |
|-------------------------------------|-------------------|
| 1 can green string beans | 1/2 cup vinegar |
| 1 can waxed string beans (yellow) | 3/4 cup sugar |
| 1 can dark red kidney beans | 1/3 cup salad oil |
| 1 can green lima beans | 1 teaspoon salt |
| 1/2 cup onions, chopped fine | 1 teaspoon pepper |
| 1/3 cup green peppers, chopped fine | |

Combine all ingredients. Refrigerate before serving.

GREEN SALAD (Vera Bryant)

Wash head of lettuce, dry. Broken in pieces.

Cup sliced celery

Cup green pepper

Package dry Italian dressing

Can water chestnuts - dry

Place all of the above in layers.

Mix pint Hellman's mayonnaise and small package sour cream. Spread over entire salad. DON'T MIX. Sprinkle cheddar cheese and bacon bits (1/2 pound each). Can be made several hours ahead. Don't need to toss.

MY PEOPLE'S FAVORITE POTATO SALAD (Hilda VanVorst)

| | |
|---|----------------------------|
| 3 medium potatoes - baked in foil with skins on | 1/4 cup Italian dressing |
| 1 large onion - minced | 1/4 teaspoon thyme |
| 1 large stalks celery - minced | 1 cup Hellman's mayonnaise |
| 2 tablespoons vinegar | Salt and pepper to taste |

Cool potatoes - skin - dice to bite size. Add onion, celery, thyme. Salt and pepper to taste. Sprinkle on dressing and vinegar. Toss lightly. If you have time, allow to blend seasonings. Just before serving, stir in mayonnaise. Serves 6-8.

TRIPLE BEAN SALAD (Marlene Lashley)

| | |
|---|---------------------------------|
| 1 1/2-lb package frozen cut green beans | 1/2 cup sugar |
| 1 1/2-lb package frozen cut wax beans | 1 teaspoon salt |
| 1-1/4 cup drained kidney beans | Pepper to taste |
| 1/2 cup salad oil | 1/2 diced green pepper |
| 1/2 cup sliced onion | 1/2 cup thinly sliced red onion |

Cook beans according to package directions. Be sure not to overcook. Drain kidney beans in sieve and rinse sauce off with cold water. In a bowl, mix together the vinegar, oil, salt and pepper and sugar. Stir to dissolve sugar. In a large bowl, combine drained beans with green pepper and onion. Pour dressing over, toss salad and refrigerate. Serves 4-6.



SALADS & DRESSINGS

KOREAN SALAD (Ellen Aderhold)

1 package fresh spinach (1 lb)
1 can No 2 bean sprouts (drained)

8 slices bacon, crumbled
3 diced eggs, hard cooked

Dressing: 1 cup salad oil
 3/4 cup sugar
 1/3 cup catsup
 1/4 cup vinegar

1 tablespoon Worcestershire Sauce
1 medium onion, grated
Salt to taste

Mix ingredients all together in blender for about 1/2 minute and let marinate.

CUCUMBER SALAD (Mary Ann Greiner)

2 large sweet onions
1 large cucumber
1/2 pint sour cream

Slice onions and cucumbers. Separate rings of onions. Sprinkle heavily with salt and let stand 1 hour. Rinse with cold water. Add sour cream.

CABBAGE SALAD (Lois Barnes)

2 or 3 lbs cabbage shredded fine, but
not too fine
Add 1 red pepper, diced or
1 can of snipped pimientos

1 green pepper, diced
1 small onion, diced

Bring to a boil and pour over cabbage while hot:

1 pint of vinegar
2-1/2 cups sugar
1 teaspoon celery seed

1-1/2 teaspoon mustard seed
1-1/2 teaspoons salt
1/2 teaspoon tumeric

Refrigerate in covered container - keeps indefinitely.

SPAGHETTI SALAD (Mrs. R. M. Sullivan)

2-1/2 cups spaghetti (broken 2") (Cook 1/2 hour)
3 carrots
2 green peppers
7 celery stalks
1 bottle stuffed olives (salad olives)
1 small onion

Grind the above vegetables. Salt and pepper to taste. Add mayonnaise when the spaghetti is drained and add vegetables. If more mayonnaise is desired, you can use it. Serve cold. Serves 12.

SALADS & DRESSINGS

SPINACH SALAD (Lois Barnes)

| | |
|-----------------------------|---------------------|
| 1 lb fresh spinach | 1 beaten egg |
| 5 small green onions | 1/2 cup white sugar |
| 1/2 lb bacon | 1/2 cup vinegar |
| 1-1/2 tablespoons bacon fat | 3/4 teaspoon salt |

Fry bacon crisp, dice. Cut spinach to size. Chop onions; sprinkle onions and bacon over spinach.

Leave 1-1/2 tablespoons fat in pan, add egg, vinegar, salt and sugar. Cook until it coats spoon. When cool, pour over spinach.

SEVEN LAYER SALAD (Mrs. Fred Perry)

Fill salad bowl half full of shredded lettuce.

Add in layers:

| |
|--|
| 1/4 cup celery |
| 1/4 cup green pepper |
| 1/4 cup green onion |
| 10-oz package cooked green peas (optional) |
| 4 ounces cheese - cheddar - shredded |
| 8 strips crumbled bacon |

Lightly salt and cover with 2 cups of mayonnaise. Cover with plastic wrap and chill until serving.

BEAN SALAD (Ethel Mae Arthur)

*(No Sugar)

| | |
|------------------------|---------------------------------------|
| 1 can cut green beans | 1/2 cup thin sliced onions |
| 1 can cut yellow beans | 1 cup thin sliced celery |
| 1 can kidney beans | 1/2 cup diced green peppers |
| | 1/4 cup pimiento or red sweet peppers |

Drain beans separately for 1 hour. Add all ingredients tossing lightly and add dressing:

| | |
|--------------------|--------------------------|
| 1/2 cup salad oil | 3/4 cup vinegar |
| 1 teaspoon sucaryl | Salt and pepper to taste |

Marinate overnight. Will keep 1-2 weeks in the refrigerator.

*1 cup sugar can be substituted for 1 teaspoon sucaryl.

CUCUMBER SALAD (Phyllis Hendrickson)

Peel and grate 1 cucumber and 1 small onion. Dissolve 1 package of lemon or lime Jell-O in 1/2 cup of hot water. Add 1/2 cup Miracle Whip and one pound package of cottage cheese and 1/2 cup slivered almonds and 1 tablespoon vinegar. Add cucumber and onion to the above mixture and chill.

SALADS & DRESSINGS

24-HOUR LETTUCE SALAD (Mary Helen Yoxheimer)

| | |
|---------------------------------------|------------------------------------|
| Lettuce | 1-1/2 cups salad dressing |
| 1 10-oz package frozen peas, unthawed | 2 tablespoons sugar |
| 1/2 cup green pepper | 4-6 ounces cheddar cheese, grated |
| 1/2 cup onion | 8 strips bacon, crisp and crumbled |
| 1/2 cup celery | |

Shred half bowl of lettuce. Layer half of peas, green pepper, onions and celery. Mix salad dressing with sugar; spread half over salad. Sprinkle with half of cheese and bacon. Repeat. Let stand in refrigerator 24 hours.
DO NOT TOSS.

FINGER SALAD (Sue Kalahar)

Mix well with egg beater:

| |
|------------------------|
| 1-1/2 cups salad oil |
| 2/3 cup vinegar |
| 2-1/2 teaspoons salt |
| 1 teaspoon pepper |
| 1 teaspoon garlic salt |
| 1 teaspoon sugar |

Cut in bite-size peices:

| |
|-----------------|
| cauliflower |
| green pepper |
| carrots |
| celery |
| green onions |
| cherry tomatoes |

Marinate, stirring every hour. Keep cold and covered until serving.

MOM'S BEAN SPROUT SALAD (Audrey Landes)

Combine:

| |
|--|
| 2 cups diced cooked ham |
| 1 can (16 oz) LaChoy Bean Sprouts (rinsed and drained) |
| 1/4 cup French dressing |
| 2 teaspoons LaChoy Soy Sauce |

Chill in refrigerator for 30 minutes.

Add 2 tablespoons each:

| |
|------------------------------|
| chopped green onion |
| chopped green pepper |
| chopped celery |
| 1/2 cup chopped sweet pickle |
| Dash of pepper |
| 3/4 cup mayonnaise |

Toss lightly and serve on crisp salad greens. Makes 4 servings. Diced water chestnuts are also good added to this. This is very good using chicken in place of the ham. With bread or rolls, dessert and a drink, this makes a complete meal.

SALAD & DRESSING

HOT CABBAGE SLAW (Katherine Wilson)

| | |
|--|-----------------------------------|
| 2 cups coarsely shredded red cabbage | 1 tablespoon instant minced onion |
| 1 can (15-oz) cut green beans, drained | 1 teaspoon salt |
| 1/4 cup sugar | 1/2 cup vinegar |

In large saucepan, heat all ingredients to boiling. Reduce heat; simmer uncovered, tossing occasionally, until cabbage is crisp-tender, about 5 minutes. Makes 6 servings - 45 calories each.

SALAD DRESSING (Reva Whitford)

| | |
|-----------------|-----------------|
| 2/3 cup vinegar | 1 cup catsup |
| 1/2 cup sugar | 2 medium onions |
| 1 cup oil | 1 teaspoon salt |

Combine all ingredients.

FRUIT DRESSING (Billie Dunn)

| | |
|-------------------|-------------------------------|
| 1/2 cup salad oil | 1 teaspoon salt |
| 1/2 cup vinegar | 1 teaspoon paprika |
| 3/4 cup sugar | 1 tablespoon prepared mustard |
| 1/3 cup catsup | 1 tablespoon grated onion |

Thoroughly combine and allow to stand before using. Makes 2 cups. For a change, boil 1 tablespoon caraway seed in the vinegar and allow to cool.

SOFT CREAM HONEY DRESSING

| | |
|--|------------------------|
| 1/4 cup chopped pecans | 1/8 teaspoon nutmeg |
| 2 tablespoons half and half or light cream | Dash of cinnamon |
| 2 tablespoons honey | 1 cup dairy sour cream |

In a mixing bowl, mix first 5 ingredients; gently fold into sour cream; cover and chill to blend flavors. Serve over fresh fruit.



VEGETABLES

GOLDEN POTATO CASSEROLE (Billie Dunn)

| | |
|--------------------------------|------------------------------|
| 6 medium potatoes | 1/3 cup chopped green onions |
| 1/4 cup butter | 1 teaspoon salt |
| 2 cups shredded cheddar cheese | 1/4 teaspoon white pepper |
| 2 cups dairy sour cream | 2 tablespoons butter |

Cook potatoes; chill, then grate in a large bowl. In a medium saucepan over low heat, combine butter and cheese, stirring occasionally, until almost melted. Remove from heat, blend in sour cream, onions and salt and white pepper. Pour over potatoes, stir lightly and turn into a 2-quart buttered casserole. Dot with butter and bake for 45 minutes at 350°. 8 servings.

GREEN BEAN CASSEROLE (Barbara Cheyne)

2 cups french cut green beans - drained
1 can mushroom soup
Cheese - thin slices

Layer the above items; cover with canned onion rings. Bake at 350° for approximately 30 minutes until thick.

GERMAN-STYLE POTATO SALAD (Leah O'Brien)

| | |
|--|---|
| 1-1/2 pounds potatoes | 1 envelope or teaspoon instant beef broth |
| 3 tablespoons minced onion | 2 tablespoons bacon-flavor soy protein bits |
| 1/2 teaspoon salt | 1/4 cup boiling water |
| 1/2 teaspoon coarse-ground pepper | 1 tablespoon pickle relish (or dill pickle) |
| 1/4 cup cider vinegar | |
| Optional - 4 tablespoons chopped parsley | |

Place the potatoes in medium-size saucepan with water to cover. Bring to boiling; cook until tender, but not mushy. Drain, peel and slice potatoes in a deep bowl. Add onion, salt, pepper and protein bits. Dissolve the beef broth in boiling water. Add vinegar and relish. Toss lightly with potatoes; serve warm. Makes 6 servings at 87 calories each.

SAUCY BROCCOLI

| | |
|-------------------------|----------------------------------|
| 2 lbs broccoli | 1 tablespoon lemon juice |
| 1/2 pint sour cream | 1/4 teaspoon salt |
| 1/2 cup grated cheese | Dash of pepper |
| 1/2 teaspoon lemon rind | 1/4 cup toasted slivered almonds |

Cook broccoli in boiling salted water until tender; drain; place in shallow baking dish. Combine sour cream, cheese, lemon rind and juice, salt and pepper. Spoon over broccoli; sprinkle with almonds. Place under broiler about five inches from heat; broil three minutes, until cheese begins to melt. Serves 6-8.

VEGETABLES

CHICKEN

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

SAUERKRAUT

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

CHICKEN

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

CHICKEN

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

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CHICKEN

1/2 cup milk, 1/2 cup butter. Mix with 2 cans beans and 1/2 cup corn. Bake in casserole. Sprinkle with 1/2 cup cheese. Bake in oven for 30-40 minutes.

VEGETABLES

LIMA BEAN-BROCCOLI CASSEROLE (Mary Youngdahl)

2 packages frozen chopped broccoli
2 packages frozen baby limas
1 can cream of chicken soup
1 can cream of mushroom soup
Buttered crumbs

Cook and drain vegetables. Combine with soups in casserole. Top with crumbs. Bake at 350° for 30 minutes. Serves 10.
(People who don't like either vegetable, lap up this dish.)

SPANISH RICE (MEATLESS) (Phyllis Booth)

7 tablespoons raw rice
1 cup grated cheese
1/2 cup stuffed olives
1 green pepper - cut small
1 onion - cut fine
2 cups stewed tomatoes
1/4 cup butter or oleo
Salt and pepper to taste
2 cups boiling water

Place all ingredients in greased casserole and bake at 350° for 1 hour. Stir occasionally.

BROILED TOMATOES (Jo Rand)

4 large tomatoes
1 cup bread crumbs
1/4 cup melted butter
2 tablespoons grated Parmesan cheese
1/4 teaspoon Italian seasoning
4 large mushroom caps

Wash tomatoes; remove stems. Score so there are four definite sections, but not all the way through. Combine bread crumbs, cheese and seasoning; put mushroom cap on top of each. Broil 10 inches from source of heat for 4-5 minutes or until crumbs are brown. Excellent with any kind of meat.

PILAF (ORIENTAL FRIED RICE) (Mary Jane Grazino)

3 tablespoons butter or margarine
1/3 cup fine noodles
1 cup long-grain rice
2 cups water
1-1/2 teaspoons salt
1 teaspoon instant beef bouillon
1/4 cup chopped parsley

Melt butter or margarine; add noodles and cook on medium heat, stirring until well browned. Add water, rice, salt and instant bouillon. Bring to a boil, then turn heat to low setting. Cover and cook 25 minutes. Stir in parsley when ready to serve. If holding more than 10 minutes, put a paper towel under lid to keep rice fluffy.

RUTABAGA WITH SOUR CREAM (Vi Abbey)

Heat oven to 350°. Mix 1-1/2 lbs rutabaga, cooked and cubed, with salt and pepper to taste and 1/4 cup chopped onion in a 1-1/2 quart baking dish. Bake 15 minutes. Stir in 1/2-1 cup commercial sour cream. Bake 15 minutes.

VEGETABLES

BROCCOLI CASSEROLE (Nancy Krul)

Layer in order:

| | |
|---------------------------------|---------------------------|
| 1 cup 31 minute rice (uncooked) | 5 tablespoons butter |
| 1 cup water | 1 package frozen broccoli |
| 1 cup chopped onion | 1 can mushroom soup |
| 1 cup chopped celery | 1-1/2 cups Cheez Whiz |

Bake one hour at 350°.

SCALLOPED POTATOES (Sandie Good)

| | |
|--|----------------------------------|
| 1 can (10-1/2 oz) condensed cream of celery soup | 4 cups thinly sliced potatoes |
| 1/2 to 3/4 cup milk | 1 small onion, thinly sliced |
| dash of pepper | 1 tablespoon butter or margarine |

Blend soup, milk and pepper. Arrange alternate layers of potatoes, onion and sauce in 1-1/2 quart casserole. Dot top with butter. Cover; bake in 375° oven for 1 hour. Uncover; bake 15 minutes more. Makes 4-6 servings.

Note: Sliced cooked potatoes may be substituted for raw potatoes. Mince onion and reduce cooking time to about 30 minutes; bake uncovered.

SWEET SOUP BEANS (Jan Tarsi)

| | |
|------------------------------------|------------------------------------|
| 5 slices bacon, drained & crumbled | 1/2 teaspoon garlic powder |
| 4 large onions, cut in rings | 1/2 teaspoon salt |
| 1/2 to 1 cup brown sugar | 1/2 cup vinegar |
| 1 teaspoon dry mustard | 2 cans diced lima beans (drained) |
| 1 can green lima beans (drained) | 1 1-lb can baked beans (undrained) |

Place onion in skillet, add sugar, mustard, garlic and vinegar. Cook 20 minutes covered. Add crumbled bacon. Put into 3-quart casserole and bake for 1 hour at 350°.

TRIPLE-LAYER POTATOES (Sue Logeman)

Bake desired amount of potatoes. Cut thin slice from potato and scoop out inside. Mash insides with milk and butter. Salt and pepper mashed potatoes and stuff back into the potato shells. Top with grated cheese and return to oven for a short period to reheat potatoes and slightly melt cheese.

TOMATO SKILLET CABBAGE (Katherine Wilson)

1 can (10-oz) tomato wedges in tomato juice, drained (reserve liquid)
1 can instant beef bouillon
3 cups shredded green cabbage

In medium skillet, heat reserved tomato liquid and bouillon until bouillon is dissolved. Stir in cabbage. Cover; cook 3 minutes, stirring occasionally. Stir in tomatoes. Cover; cook until cabbage is crisp-tender and tomatoes are heated through, 3-5 minutes. 4 servings (45 calories each)

VEGETABLES

BROCCOLI-RICE CASSEROLE (Mrs. R. M. Sullivan)

| | |
|---|-----------------------------|
| 1 onion or 2 stalks celery (or 1/2 of each) chopped | 1 can cream of chicken soup |
| 1/4 cup margarine | 1/4 cup water |
| 1 package chopped broccoli (frozen) | 1/3 cup milk |
| 1 cup minute rice | 1/2 cup Cheez Whiz |

Saute onion/celery in margarine while broccoli cooks for 10 minutes. Mix rice, soup, milk, water, onion/celery and Cheez Whiz. Bake in 1-1/2 quart casserole at 350° for 30-40 minutes.

CHILE SAUCE (Mrs. Robert Bayn)

Peel and chop: 15 pounds of tomatoes
8 large onions

Mix together and sprinkle with 3/4 cup or little less salt. Cover and let stand overnight. Then drain off liquid.

Add: 3 cups vinegar
1/2 cup mixed pickling spice - put spice in cloth bag
5 cups sugar
1/4 teaspoon cayenne pepper
1 teaspoon celery seed

Simmer until thick as desired - about 2-1/2 to 3 hours. Take spice bag out when taste you like or leave in full time for a good spicy flavor. Can hot and seal.

BROCCOLI CASSEROLE (Bea Ziegenbein)

Melt: 1/4 cup butter
1/2 lb Velveta cheese

Add: 1 onion, chopped
2 cans cream of chicken soup
3/4 cup water
2 packages chopped broccoli, thawed
Chopped mushrooms

Cook 1 cup long-grain rice with 2 cups water. Mix rice with above mixture. Bake 40 minutes at 350° covered. Uncover and bake another 20 minutes. DO NOT OVERBAKE!

PISTACHIO STUFFED CELERY (Virg Smith)

1 package (3 or 4-oz) cream cheese, softened
1/2 teaspoon Worcestershire sauce
1/2 teaspoon lemon juice
1 tablespoon chopped pistachio nuts (or more)
8 (3-inch) pieces of celery

Blend cream cheese, Worcestershire sauce, lemon until smooth in small bowl. Stir in nuts. Spread over celery. Chill

VEGETABLES

HASH BROWN SCALLOP (Sandie Good)

- | | |
|---|-----------------------------------|
| 2 (10-oz) packages frozen hash brown potatoes, thawed | 2 chicken bouillon cubes |
| 1 cup (8-oz) shredded sharp American cheese | 1 cup boiling water |
| | 2 tablespoons butter or margarine |
| | 1/2 cup sliced green onion or |
| | 2 tablespoons dry green onion |

Combine thawed potatoes, cheese and onion in a greased 2-quart casserole. Dissolve chicken bouillon cubes in boiling water and pour over potato mixture. Dot with butter or margarine. Bake at 375° for 30 minutes or until potatoes are tender, stirring once or twice. Makes 8-10 servings.

ZUCCHINI CASSEROLE (Monica Scott)

- | | |
|---|-------------------------------|
| 1 medium zucchini, sliced (or other summer squash) | 1/2 cup chicken broth |
| 1 large tomato, chopped | Parmesan cheese |
| 2 medium onions, chopped | 1 cup shredded cheddar cheese |
| 6-8 slices bacon, chopped | 1/4 cup white wine |
| 1 cup walnuts, chopped | 1 teaspoon sweet basil |
| | Salt and pepper to taste |

Fry bacon and onion together until bacon is crisp. Add tomato, wine and chicken broth and cook until liquid is almost gone. Add chopped zucchini and fry until crisp-tender (not too soupy). Stirring continually, add salt, pepper and sweet basil and put into casserole dish.

Fry the walnuts in a little bacon fat (or vegetable oil) being careful not to scorch. Then drain on a paper towel. When the nuts are cool enough to handle, mix them with the grated cheddar cheese and sprinkle the mixture over the top of the casserole. Bake until the cheese is bubbly (about 15 minutes at 350°).

The parmesan cheese is to be sprinkled on each helping when it is served out.

EGGALLOPED BROCCOLI (Willoween Smith)

Cook 1 package of frozen chopped broccoli in small amount of water. Drain and add following mixture:

- | | |
|------------------------------|------------------------------|
| 1 beaten egg | 1/2 cup salad dressing |
| 1 tablespoon minced onion | 1/2 can cream of celery soup |
| 1/2 cup sharp cheese, grated | |

Place in casserole, sprinkle with buttered crumbs and paprika. Bake at 350° for about 40 minutes until "set". Serves 5.

VEGETABLES

BROCCOLI CASSEROLE (A. Romoser)

2 boxes or 1 large bag frozen chopped broccoli - uncooked

- Mix in bowl: 1 can mushroom soup
1/2 cup Miracle Whip
1 tablespoon lemon juice
1/2 cup shredded sharp cheese

Put broccoli in large baking dish (8" x 13"). Pour mixture over broccoli. Arrange topping. Bake 20-30 minutes at 350° to warm up.

- Topping: 1 cup crushed Cheezits
1 jar chopped pimiento
1/2 cup slivered almonds

MEXICAN BEANS (Walter Scott)

- | | |
|--------------------------------|----------------------------------|
| 1 lb dry Pinto beans | 2 green chiles (fresh or canned) |
| 1/2 lb bacon rind or salt pork | 1/2 teaspoon garlic powder |
| 2 medium size onions | 1 tablespoon oregano |

Wash beans and sort out defectives and rocks. Place all ingredients into large kettle, cover with water and bring to boil. Lower heat to slow simmer. Cook until beans are tender - 8-12 hours - keep beans under liquid by adding water periodically. When beans are tender, add 1 tablespoon salt and simmer an additional 30 minutes.

Serve as is - or take two cups and mash with fork, then fry in 3 tablespoons bacon fat - when mixture is bubbling, add 1/2 cup grated Monterey Jack or sharp cheddar cheese. Serve in a bowl with grated cheese on top or serve on a deep fat fried corn tortilla topped with cheese and chopped lettuce and you have a tostada.

BAKED BEANS (Joan Herron)

- | | |
|---------------------------------------|--|
| 1 lb diced bacon, extra thick best | 1 can kidney beans, drained |
| 1 cup water | 1 can lima beans, drained |
| 1 medium onion or 3 tablespoons dried | 1 can butter beans, drained |
| 1 cup brown sugar | 1 1-lb 4-oz can pork and beans in tomato sauce |
| Salt | |

Simmer bacon and water and onion for 10 minutes. Add brown sugar. Place beans in large casserole. Add bacon mixture and salt. Bake for 1-1/2 hours at 350°. Omit lima beans if unable to buy.

RANCH-STYLE BAKED BEANS (Betty Bishop)

- | | |
|--|----------------------------------|
| 2 tablespoons oleo | 1 cup catsup |
| 1 lb hamburger | 1/2 cup cold water |
| 1 envelope Onion Soup | 2 tablespoons mustard |
| 2 1-lb cans pork & beans in tomato sauce | 3 teaspoons cider vinegar |
| | 1 1-lb can kidney beans, drained |

Preheat oven to 400°. In skillet melt oleo and brown meat. Stir in soup mix, beans, catsup, water, mustard and vinegar. Pour into 2-1/2 quart casserole or bean pot. Bake 30-45 minutes. Makes 8-10 servings.

VEGETABLES

RANCHO BAKED BEANS (Carol Kieler)

1/4 cup fat or cooking oil) Cook 5 minutes
2 cups chopped onion)

1 lb ground beef - Browning time - 5 minutes

1/4 teaspoon salt
1 cup tomato catsup
2 tablespoons prepared mustard
2 teaspoons cider vinegar
2 cans (1-lb each) pork and beans in tomato sauce
1 can (1-lb) kidney beans, drained

In a large heavy skillet or kettle, heat the oil; add onion, cook. Add the beef, breaking into small pieces with a fork; cook until color disappears. Add the salt, catsup, mustard, vinegar, pork & beans and kidney beans. Mix thoroughly. Pour into a casserole (2-quart). Bake for 30 minutes at 400°. Serves 6.

ELLA HERRINGTON'S BREAD & BUTTER PICKLES (Sallie Adams)

6 quarts small cucumbers (slices without peeling))
1 dozen medium sized onions (slice as fine as pickles)) Let stand for
4 red or green peppers) 3 hours
1/2 cup salt (place between layers in large jar))

2 quarts vinegar
1 ounce white mustard seed
1/2 teaspoon celery seed
10 cups sugar
1 heaping teaspoon tumeric

Mix together and heat until very hot, but do not boil. Add pickles and reheat until very hot. Put into jars and seal. Makes about 9 solid pints or 13 pints with more juice.

BREAD & BUTTER PICKLES (Mrs. Tom Richards)

4 quarts sliced cucumbers (medium size) 3 cups distilled white vinegar
6 medium white onions, sliced 5 cups sugar
2 cloves of garlic 1-1/2 teaspoons tumeric
1 green pepper (cut in strips) 1-1/2 teaspoons celery seed
1/3 cup coarse salt 2 tablespoons mustard seed

To thinly sliced cukes, add sliced onions, garlics and peppers cut in narrow strips. Add salt and cover with cracked ice. Mix and let stand three hours. Drain. Combine remaining ingredients and pour over cuke mixture. Heat to boiling then seal in sterilized jars. Makes 8 pints.

BAI-BEE-3 RELISH (Lillie Henry)

24 large green tomatoes) Squeeze off surplus juice.
4 large red peppers) Add: 1 quart vinegar
4 large green peppers) 5 cups sugar
12 onions - grins) 1/2 cup whole mixed spices (tied in bag)
3 tablespoons salt

Boil 15 minutes. Seal while hot.

VEGETABLES

BREAD & BUTTER PICKLES (Anne Carter)

12 cups cucumbers

Make a sauce of the following:

2 cups vinegar
4 cups sugar
4 teaspoons celery seeds
4 teaspoons mustard seeds
4 teaspoons salt
2 teaspoons tumeric
1/2 teaspoon cayenne pepper

Bring sauce to boil. When at boiling, put cucumbers in. Boil until cucumbers ruffle on the edges. Fill into jars and can. Wait 10 days to eat. Makes approximately 5 pints.

MAIN MEAT DISHES (CHICKEN)

CHICKEN CONFETTI (Vi Abbey)

| | |
|---------------------------------------|---|
| 4-5 lbs broiler-fryer chicken, cut-up | 1 cup (8-oz) tomato sauce |
| 1 teaspoon salt | 1 can (6-oz) tomato paste |
| 1/2 teaspoon pepper | 2 tablespoons snipped parsley |
| 1/4 cup salad oil | 2 teaspoons salt |
| 1/2 cup snipped onion | 1 teaspoon basil |
| 1 clove garlic - minced | 7 or 8 ounces spaghetti, cooked & drained |
| 2 cans (16-oz each) tomatoes | Grated Parmesan cheese |

Wash chicken and pat dry. Season with 1 teaspoon salt and 1/8 teaspoon pepper. In large skillet or Dutch Oven, brown chicken in oil; remove chicken. Pour off all but 3 tablespoons fat. Add onion and garlic; cook and stir until onion is tender. Stir in chicken and remaining ingredients, except spaghetti and cheese. Cover tightly; cook chicken slowly 1 to 1-1/2 hours or until tender, stirring occasionally and adding water if necessary. Skim off excess fat. Serve on spaghetti; sprinkle with Parmesan cheese. Servings 4-6.

CHICKEN CASSEROLE (Billie Dunn)

| | |
|---------------------------------|------------------------------|
| 12 slices bread (remove crusts) | 4 eggs, well beaten |
| 4 cups cooked chicken | 2 cups milk |
| 1 cup mushrooms | 1/2 teaspoon salt |
| 1 cup water chestnuts, sliced | 1 can cream of celery soup |
| 1/2 cup mayonnaise | 1 can cream of mushroom soup |
| 5 slices Old English cheese | 2-oz can pimientos |

Line a 9" x 13" x 2" pan buttered, with bread and top with chicken. Combine mushrooms, water chestnuts and spread on chicken; dot with mayonnaise and top with cheese slices. Combine eggs, milk and salt; pour over above. Mix soup, pimientos and spoon over all. Cover with foil and refrigerate overnight. Bake uncovered 1 hour at 350°. The last 15 minutes - add croutons.

CHICKEN FARRINASH (Marlene Lashley)

| | |
|---|--------------------------------|
| 2 broiler-fryers (about 2-1/2 lbs each) cut into cooking pieces | 1 chicken bouillon cube |
| Salt and pepper | 1 cup water |
| Garlic powder | 1/4 tablespoon paprika |
| 3 tablespoons margarine | 2 cups sour cream |
| 4 medium onions, cut in chunks | Parsley for garnish (optional) |
| 4 carrots, thinly sliced | |

Sprinkle chicken pieces with salt, pepper and garlic powder. Brown a few pieces at a time in margarine, remove from skillet. Cook onion and carrots in skillet for 5 minutes, then stir in bouillon cube (first dissolved in 1 cup water) and paprika. Bring to a boil. Return chicken to pan, cover and cook over low heat until chicken is tender - about 30 minutes. Transfer chicken pieces to serving dish. Stir sour cream into sauce in skillet and heat, but do not boil. Pour sauce over chicken, garnish with parsley. Serves 6.



MAIN MEAT DISHES (CHICKEN)

CHICKEN EN COCOTTE (Bea Ziegenbein)

| | |
|----------------------------------|---|
| 1 4-5 lb chicken | 1 teaspoon paprika |
| 1 can cream of chicken soup | 1-1/2 teaspoons salt |
| 12 potatoes (small-halved) | 12 onions (small) or vegetable of your choice |
| 6 carrots (medium-cut in pieces) | |
| 2 tablespoons chopped parsley | |

Place cleaned chicken in 6-7 quart Dutch Oven or roasting pan. Pour on undiluted chicken soup, cover and bake 30 minutes. Place remaining ingredients (except parsley) in liquid around chicken, cover and bake 1-1/2 hours at 375°. Baste vegetables occasionally with liquid. Remove cover and bake 15 minutes longer. Sprinkle chicken with parsley and serve. Serves 6 - 8.

BAR-B-Q CHICKEN (Sylvia Pape)

| | |
|--------------------------|------------------------------|
| Sauce: 1/4 cup margarine | 1/4 cup sugar |
| 1 clove garlic | 1 teaspoon salt |
| 1 medium minced onion | 1/2 cup Worcestershire sauce |
| 1 cup catsup | 1/2 cup water |
| 1/4 cup vinegar | |

Early in day, cut up chicken. Shake in bag with flour and brown slowly. Drain. Place in large roasting pan.

Combine above ingredients in sauce pan and bring to a boil. Pour over chicken and refrigerate. Bake at 350° for 1-1/4 hours before serving. Baste.

CHICKEN ON RICE (Dorothy Bartkus)

| | |
|---|---|
| 1 10-1/2-ounce can condensed cream of mushroom soup | 1 envelope dry onion soup mix |
| 1 soup can milk or water if preferred | 1 4-oz can mushroom stems & pieces (optional) |
| 1 cup uncooked rice | 1 3 to 3-1/2 lb chicken cut into pieces |

Heat oven to 350°. Blend mushroom soup and liquid; reserve 1/2 cup of the mixture. Stir together the soup mixture, rice, mushrooms (not drained) and half of the onion soup mix. Pour into greased baking dish 12" x 8" x 2". Arrange chicken pieces on top of rice mixture. Sprinkle with remaining onion soup mix. Pour the reserved mushroom soup mixture over the top. Cover. Bake for 1 hour at 350°. Uncover and bake 1/2 hour more, or until chicken is done. Serves 4.

Note: If mushrooms are not used, I prefer cream of chicken soup instead of the mushroom soup.

GLAZED CHICKEN (Jean Boucher)

| | |
|-------------------------|-----------------------|
| 1/4 cup honey | 1/4 cup chopped onion |
| 8 ounces tomato sauce | 1/4 cup butter |
| 2 tablespoons Soy Sauce | 1 cup-up chicken |

Mix first 4 ingredients together. Layer chicken in pan and pour melted butter over top - salt and pepper. Cook uncovered at 350° for 1/2 hour. Pour sauce mixture over top and finish baking. Serve sauce over rice. Note: Ham or pork chops may be substituted for chicken and pineapple substituted for onion. Cook in fry pan. Also omit butter.

MAIN MEAT DISHES (CHICKEN)

FOUR ALARM CHICKEN (Nancy Parzych)

| | |
|-------------------------|-----------------|
| 2 broilers, cut in half | Olive oil |
| Large onion | Chili sauce |
| Thyme | Salt and pepper |
| Rosemary | Butter |

After washing chickens and pat dry, place each half on large piece of foil. Apply olive oil on both sides with pastry brush. Sprinkle with salt and pepper. Add 1 teaspoon thyme and rosemary to each half. Apply chili sauce lightly to each side. Put 1 slice onion and 1 tablespoon unmelted butter on each half. Wrap each half carefully. Then wrap in additional sheet of foil. Place on grill. Turn each side after 15 minutes. Cook 15 minutes more. Remove from fire and unwrap, pouring juice in a pan. Replace undressed chicken on grill and brown both sides about 2 minutes each. Boil juice 2 minutes and serve with chicken.

CHICKEN BREAST BAKE (Bea Ziegenbein)

| | |
|--|--------------------------|
| 4 chicken breasts - split, deboned and skinned | |
| 5 strips bacon (uncooked) | 1 pint sour cream |
| 1 package chipped beef (separated) | Salt and pepper |
| 1 can cream of chicken soup | Parmesan cheese (grated) |

Sprinkle chicken with salt, pepper and cheese. Place on a strip of bacon and roll up. Place chipped beef in bottom of casserole dish and place rolled chicken on top. Combine sour cream and soup and pour over chicken. Bake uncovered for 2-1/2 hours in 325° oven. Serves 6 - 8.

ORIENTAL CHICKEN CHOW (Leah O'Brien)

| | |
|--|---|
| 4 chicken breasts | 1/4 cup Soy Sauce |
| 1 teaspoon oil | 1 tablespoon sugar |
| 1/2 cup (1 medium) onion wedges | 1 tablespoon cornstarch |
| 1/2 cup condensed chicken or beef broth* | 1 tablespoon cold water |
| 1/2 cup (5-oz can) drained bamboo shoots | 1-1/2 cups (11-oz can) drained mandarin oranges |
| | 1/2 cup (5-oz can) drained and sliced water chestnuts |

Brown chicken in hot oil in large fry pan for 7-10 minutes. Add onion, broth, bamboo shoots, water chestnuts and Soy Sauce. Simmer, covered, for 15 minutes. Combine sugar and cornstarch; stir in cold water. Add to chicken mixture, stirring carefully until mixture thickens. Add mandarin oranges; heat through. Serve as rice. Makes 4 servings at 316 calories each.

*If desired, 1/2 cup water and 1 bouillon cube or 1 teaspoon instant bouillon can be used for the broth. If desired, bamboo shoots can be omitted. This can be made in an electric fry pan. Prepare as directed, simmering at 250°. For an elegant company dish, remove bones from chicken breasts before preparing. Reduce simmering time to 10 minutes.

MAIN MEAT DISHES (CHICKEN)

CHICKEN ON SUNDAY (Jan Tarsi)

Using a 9" x 13" greased casserole, put in 1 cup Minute rice. Heat 1 can mushroom soup, 1 can celery soup and 1 cup water. Pour over rice. Arrange chicken pieces on top of rice. Sprinkle 1 package onion soup on top, cover tightly. Bake at 375° for 2 hours 15 minutes.

HOT CHICKEN SALAD (Sara Denton)

| | |
|-------------------------------|--|
| 2 cups cooked chicken, cut up | 1/2 teaspoon celery salt |
| 1-1/2 cups celery (cut small) | 1 teaspoon lemon juice |
| 1 teaspoon minced onion | 1 cup mayonnaise |
| 2 hard-boiled eggs, cut up | Season with Laureys or other season salt |

Toss ingredients together and top with package of slivered almonds and crushed potato chips. Place in flat casserole. Bake at 425° for 15 minutes.

CHICKEN CASSEROLE (Mrs. Douglas Choate)

1 chicken cut up and cooked until tender. Remove skin (do not use). Remove meat from the bones. Place chicken in a large baking pan.

Add: 1 can cream mushroom soup
1 can cream chicken soup
1 large can evaporated milk
1 can mushrooms
1 large package chow-mein noodles
Salt and pepper to season

Bake at 350° until brown, about 1 hour.

CHICKEN AND YELLOW RICE (Marilyn Daly)

| | |
|-------------------------|-----------------------|
| 1 cut up frying chicken | 1 small onion - diced |
| 1 green pepper - diced | Dash of garlic salt |

Brown the above ingredients in frying pan with enough margarine to brown nicely. Cook 1/2 cup yellow rice until nearly done. Remove chicken from fry pan. Put the rice in the fry pan, stir and heat slowly just long enough to absorb the flavor of the chicken. Put the chicken and the rice in a baking pan with a small amount of milk for moisture; bake in slow oven 350° until done.

THREE CHEESE CHICKEN BAKE (Nedra Mosley)

| | |
|---------------------------------------|---|
| 8 ounces wide or lasagna noodles | 3 cups diced cooked chicken |
| 1 recipe mushroom sauce | 2 cups shredded process American cheese |
| 1-1/2 cups cream-style cottage cheese | 1/2 cup grated Parmesan cheese |

Cook noodles till tender in large amount boiling water. Drain - rinse in cold water. MUSHROOM SAUCE: Cook 1/2 cup each chopped onion and green peppers in 3 tablespoons butter, stir in 1 can condensed cream of chicken soup, 1/3 cup milk, one 6-oz can sliced mushrooms, drained, 1/4 cup chopped pimiento and 1/2 teaspoon basil. Layer, place half the noodles in 13" x 9" x 2" baking dish - cover with half each of sauce, cottage cheese, chicken and cheeses. Repeat. Bake at 350° for 45 minutes. Serves 8 or 10.

MAIN MEAT DISHES (CHICKEN)

SWISS CHICKEN CASSEROLE (Linda Donnelly)

- | | |
|---|---|
| 2 10-oz packages frozen broccoli spears, thawed | 1/4 teaspoon pepper |
| 6 tablespoons butter or margarine | 3 cups chicken broth |
| 1 small onion, chopped | 1 8-oz package process Swiss cheese slices, cut into pieces |
| 1/3 cup all-purpose flour | 2 cups cut-up cooked chicken |
| 1 teaspoon salt | 4 cups cooked rice |
| 1/4 cup chopped chives | |

Cut 6 flowerets from broccoli spears and set aside for garnish; chop remaining broccoli. Preheat oven to 350°. In 4-quart saucepan over medium heat, in hot butter or margarine, cook onion until tender, about 5 minutes. Stir in flour, salt and pepper until blended. Gradually stir in chicken broth and cheese and cook, stirring constantly until mixture is thickened and cheese melts. Stir chopped broccoli, chicken, cooked rice and chopped chives into sauce. Spoon into a 3-quart casserole. Arrange reserved flowerets on top of casserole. Bake casserole for 40 minutes or until heated through. Makes 6 servings.

CHICKEN AND RICE (Sue Logeman)

- | | |
|----------------------------|--------------------------|
| 2 cups Minute Rice | 3/4 cup milk |
| 1 can mushroom soup | 1 frying chicken, cut up |
| 1 can cream of celery soup | 1 package onion soup mix |

Mix rice, mushroom soup, cream of celery soup and milk. Place chicken on top. Sprinkle onion soup mix over chicken. Cover with foil and bake slowly for 2 to 2-1/2 hours. Don't uncover. Bake at approx. 300°.

STUFFED CHICKEN BREAST WITH SHRIMP (Mrs. Richard Lloyd)

- | | |
|---------------------------------|--|
| 4 whole chicken breasts, boned | 1/3 cup white wine |
| 4 slices Swiss cheese (4" x 7") | 1 teaspoon flour |
| 1 egg, slightly beaten | 1 teaspoon salt |
| 6-oz can small shrimp | 1/2 teaspoon pepper |
| 1/2 cup butter | 1/2 cup light cream |
| | 2 teaspoons minced parsley or watercress |

Place 1/2 slice cheese and 18 shrimp on top of chicken breast. Roll up chicken breast and secure with picks. Roll in egg mixture. Saute in butter in electric skillet at 325°, 10-15 minutes, turning to golden brown. Remove to casserole and keep warm. Place mushrooms in pan and add wine (set at 225°). Simmer liquid till reduced to half. Blend flour, salt, pepper and cream. Simmer and stir constantly until sauce thickens. Pour over chicken; garnish with parsley or watercress. Bake 45 minutes at 350°. Serve with wild rice.

MAIN MEAT DISHES (FISH)

TUNA-CORNBREAD CASSEROLE (Judy Barnes)

- | | |
|---|----------------------------------|
| 1 (10-oz) package frozen mixed vegetables | Pepper |
| 1 teaspoon instant onion | 1 can cream of celery soup |
| 1 (6-1/2 oz) can tuna | 3/4 cup milk |
| 1/4 teaspoon salt | 1 package corn muffin mix (8-oz) |

Cook vegetables until barely tender; drain. Add onion, tuna, salt and pepper, soup and milk. Heat to boiling.

Prepare bread batter as directed. Pour tuna mixture into greased 2-quart dish. Top with batter. Bake at 400° for 25-30 minutes.

OVEN FRIED FISH (Ella Boyce)

- | | |
|--------------------------------------|--------------------------------------|
| 1 lb frozen haddock, thawed | 1/4 teaspoon thyme |
| 1/4 cup milk or evaporated milk | 1/4 teaspoon salt |
| 1/2 cup crushed cheese crackers | 2 tablespoons margarine or salad oil |
| 2 tablespoons grated Parmesan cheese | Paprika |

Cut fish in serving pieces. Mix crackers, cheese, thyme and salt. Dip fish in milk, then in cracker mixture and place in a lightly greased baking dish. Drizzle oil on top and shake paprika on the pieces. Bake at 400° for 25-30 minutes. Makes 2 or 3 servings.

HE-MAN TUNA CUTLETS (Mrs. Curt Meyer)

- | | |
|-------------------------------|------------------------------------|
| 1 7-oz can tuna | 1 slightly beaten egg |
| 2 tablespoons fat | 1 teaspoon salt |
| 4 tablespoons flour | 1/4 teaspoon white pepper |
| 1/2 cup milk | 1-1/2 cups soft white bread crumbs |
| 2 tablespoons chopped parsley | 1 tablespoon lemon juice |

Separate tuna into flakes. Melt fat in saucepan and add flour and blend. Add milk and cook until very thick; stirring constantly. Then remove from heat. Add tuna and remaining ingredients; mix well. Form into cutlets and chill for 2 hours. Dip cutlets in 1 slightly beaten egg and then cracker crumbs. Fry in hot fat until golden brown. Yields: 5.

SKILLET SALMON SUPPER (Millie Dempsey)

- | | |
|------------------------------|---|
| 1 cup quick cooking rice | 1 cup canned or cooked peas, drained |
| 1/2 teaspoon salt | 3/4 cup milk |
| 1-1/3 cups water | 4 slices processed American cheese |
| 1 cup canned salmon, drained | 1/4 cup pimiento-stuffed olives, sliced |
| 1 teaspoon lemon juice | |

Combine rice, salt and water in an electric skillet. Bring to a boil at 260°, then reduce temperature to low end of simmer and cover with vent closed. Simmer 5-7 minutes or until water is absorbed. Remove any bones and skin from the salmon. Keep salmon in fairly large pieces, add to rice. Sprinkle with lemon juice. Add peas and milk. Arrange cheese slices over top, then sliced olives. Bring to boil, cover with vent closed. Simmer for 8-10 minutes or until cheese is melted and milk is absorbed, but mixture is not dry. Serves 4.

MAIN MEAT DISHES (FISH)

CHOP STICK TUNA (Nancy Haven)

| | |
|--------------------------|-----------------------|
| 1 can mushroom soup | 1/4 cup chopped onion |
| 1/4 cup milk (or water) | 1 cup chopped celery |
| 2 cups chow mein noodles | Dash of pepper |
| 1 cup tuna | |

Combine soup, milk, tuna, onions, celery and one cup of noodles. Toss lightly. Place in ungreased pan, cover with remaining noodles. Bake for 30 minutes at 375°.

FILLETS ELEGANTE (Ruth Barnett)

| | |
|---|-------------------------|
| 1 lb frozen perch | 1/4 cup Parmesan cheese |
| 2 tablespoons butter | Sherry or dry vermouth |
| 1 can cream of chicken, mushroom or shrimp soup | |

Thaw perch. Arrange in buttered dish. Dash with cayenne pepper; dot with butter. Spread soup over fish. Sprinkle with cheese and paprika. Dash on wine. Bake in hot oven (400°) for 25 minutes. Top when serving with sauteed onions and mushrooms.

MAIN MEAT DISHES (PORK)

SAVORY PORK CHOPS (Mr. W. L. Reid)

Brown pork chops in electric fry pan; remove from pan and drain off fat. For each chop, put 2 tablespoons regular rice (not Minute) in pan. Add chops. Top each chop with a slice each of tomato, green pepper and onion. Season with salt and pepper. Pour 1 can consomme over all. Simmer on low heat until chops are done and vegetables tender.

PORK ROAST AND BEER (Hilda VanVorst)

| | |
|-----------------------------|-----------------|
| 1 pork roast of your choice | Garlic |
| 1 can of your favorite beer | Salt and pepper |

Preheat oven to 350°. Place pork roast in roasting pan. Pour 1/2 can beer over roast (drink rest of beer). Season to taste with garlic, salt and pepper. Roast until tender. Make gravy with drippings.

PORK CHOPS AND RICE (Bea Ziegenbein)

| | |
|---------------------------------|---------------------------------------|
| 4 1/2-lb pork chops | 3/4 cup uncooked, converted rice |
| 2 quilled dates in 3 cups water | 1/2 cup sliced ripe olives (optional) |
| 1 jar (15-1/2 oz) Ragù sauce | Salt and pepper |
| 1 medium onion (chopped) | 1 tablespoon oil |
| 1 medium green pepper (chopped) | |

Brown chops in oil and season with salt and pepper. Remove chops, spoon off fat and add broth, sauce, onion and green pepper. Cook covered for 15 minutes. Stir in rice, olives and add chops. Cover and cook slowly for 45 minutes or until chops are tender. Serves 4.

MAIN MEAT DISHES (PORK)

PORK PIE (Mrs. Curt Meyer)

| | | |
|------------------|-------------|---------------------|
| 3 lbs lean pork | } Ground up | |
| 1 lb beef | | |
| 2 cups water | | 1 cup chopped onion |
| 2 teaspoons sage | | 1 teaspoon pepper |
| 4 teaspoons salt | | 5 cups bread crumbs |

Cook meat, water, sage, salt, pepper and onion together for 20-30 minutes, stirring constantly. Remove from heat and add bread crumbs. Pour into pie shells and bake for 15-20 minutes in a 450° oven. May cool and freeze now or go on. Cook in 325° oven for 40 minutes.

PORK CHOPS & RICE (Vi Abbey)

| | |
|-------------------|------------------------|
| 4 pork chops | 1/2 cup rice, uncooked |
| Salt and pepper | 1 cup tomato soup |
| Onions (optional) | 1 soup can water |

Lay pork chops in the bottom of a baking dish. Season with salt and pepper to your own taste. Sprinkle rice over chops. Add the tomato soup and water. You may slice a small onion and put on top, if desired. Cover and bake in a moderate oven 350° for 1 hour.

MAIN MEAT DISHES (MEATBALLS)

SWEET 'N SOUR MEATBALLS (Leah O'Brien)

| | |
|--|--|
| 1 lb lean ground beef | 2 tablespoons sugar |
| 1/4 cup dry bread or cracker crumbs | 1 tablespoon cornstarch |
| 2 tablespoons finely chopped onion or 1/2 teaspoon instant minced onion | 2 tablespoons Soy sauce |
| 1/2 teaspoon salt | 1/2 cup water |
| 1/8 teaspoon pepper | 2 tablespoons vinegar |
| 1-1/2 cups (1 lb, 4 oz can) water-packed pineapple tidbits or chunks, drain & reserve 1/2 cup liquid | Reserved 1/2 cup pineapple liquid |
| | 1-1/2 to 2 green peppers, cut into 1" pieces |

In large mixing bowl, combine ground beef, bread crumbs, onion, salt and pepper. Mix well. Shape into 1" balls. Place in cold fry pan. Turn heat on gradually; (fat in meatballs will melt and prevent sticking). Brown meatballs well. Drain off drippings; remove meatballs. Drain pineapple, reserving 1/2 cup liquid. Combine sugar and cornstarch in fry pan, stir in Soy sauce, vinegar, water and pineapple liquid. Cook, stirring constantly, until mixture boils and thickens. Add green pepper, pineapple and meatballs. Cover and simmer 15-20 minutes. Serve over rice. Makes 4 servings at 310 calories each.

Note: I don't know if rice is included in calorie count in this recipe.

MAIN MEAT DISHES (MEATBALLS)

SWEDISH MEATBALLS (Bill Johanson)

| | |
|-----------------------------|----------------------------|
| 1/2 lb ground beef | 1-2 egg yolks |
| 1/4 lb ground veal | 2 tablespoons minced onion |
| 1/4 lb ground pork | 2-3 teaspoons salt |
| 3/5 cup rolled bread crumbs | 1/3 teaspoon pepper |
| 1 cup cream | Pinch ground allspice |
| 3-4 tablespoons butter | |

Grind meat very fine. Soak crumbs in 1/2 the cream. Add to meat, knead while adding remainder of cream. Cook onion in 1 tablespoon butter, without browning. Add seasonings to meat mixture with egg and onion. Mix thoroughly. Form into small balls, fry in butter, slowly, rolling pan to retain shape. Brown well. To make lighter and more porous, substitute carbonated water for part of cream.

MEATBALLS (Betty Bishop)

| | |
|-------------------------|------------------------------------|
| 2 lbs ground round | 1/4 teaspoon pepper |
| 1 cup corn flake crumbs | 1/2 teaspoon garlic powder |
| 1/3 cup dried parsley | 1/3 cup catsup |
| 2 eggs | 2 tablespoons instant minced onion |
| 2 tablespoons Soy Sauce | |

Make small meatballs and place in large baking pan.

Sauce: 1 lb jellied cranberry sauce 2 tablespoons brown sugar
1 12-oz bottle chili sauce 1 tablespoon lemon juice

Heat sauce and pour over meatballs. Bake uncovered 30-40 minutes at 350°.

RICE MEAT BALLS (Kittie Ross)

| | |
|------------------------------|--------------------------|
| 1 cup pre-cooked rice | 1/8 teaspoon marjoram |
| 1 lb ground beef | Dash of pepper |
| 2 eggs, slightly beaten | 2 8-oz cans tomato sauce |
| 1/4 cup chopped onion | 1/2 teaspoon sugar |
| 1/4 cup chopped green pepper | 1 cup water |

Combine pre-cooked rice (right from box) with beef, egg, onion, green pepper, marjoram, dash of pepper and one can of tomato sauce. Mix lightly. Shape mixture into 12 balls and place in skillet. Add 1/2 teaspoon sugar and 1 cup of water to the remaining can of tomato sauce. Pour over meat balls in skillet. Bring mixture to a boil. Reduce heat and simmer, covered, for 15 minutes, tasting occasionally.

MAIN MEAT DISHES (MEATBALLS)

PORCUPINE MEATBALLS (Jan Titler) (Pressure Cooker)

| | |
|-------------------------------|---------------------------|
| 1 lb ground beef | 1 teaspoon salt |
| 1/2 cup uncooked rice | 1/8 teaspoon pepper |
| 1/2 cup finely chopped onion | 2 teaspoons salad oil |
| 1/2 green pepper (if desired) | 1 can (8-oz) tomato sauce |
| 3/4 cup water | |

Combine beef, rice, onion, green pepper, salt and pepper. Shape into 12 meatballs. Brown in oil in pressure cooker. Pour off excess fat; add tomato sauce and water. Bring to 15 lbs pressure and cook 10-12 minutes, depending upon whether you prefer rice firm or soft. Reduce pressure gradually. Makes 4-6 servings.

MAIN MEAT DISHES (ITALIAN)

CHICKEN CACCIATORE (Sue Logeman) (4 servings)

| | |
|---|--|
| 3 lbs cut-up chicken | 1 can tomato paste |
| 1/2 cup seasoned flour | 1-1/2 cups water |
| 2 tablespoons salad oil | 1/2 cup grapefruit juice or dry white wine |
| 1 package Italian Sauce Mix | |
| 1/4 lb fresh mushrooms, sliced or 4-oz can, drained | |

Dredge chicken in flour; brown well in salad oil in skillet. Remove chicken. Add Italian Sauce Mix, tomato paste, water and grapefruit juice (or wine) to skillet. Cook and stir over medium heat until mixture comes just to a boil. Add the browned chicken. Cover and simmer gently about 45 minutes. Then add sliced mushrooms and continue cooking until chicken is tender - about 15 minutes.

LASAGNA (Judy Holzworth)

Sauce: 1 lb ground beef 1-1/2 teaspoons basil
2 cloves garlic 1 can tomatoes
2 teaspoons salt 1 can tomato paste
1-1/2 teaspoons parsley flakes

Cook until thick - about 30 minutes.

Cheese Mixture: 1 teaspoon parsley flakes 3 cups cottage cheese (or Ricotta)
1-1/2 teaspoons salt 1/2 lb Mozzarella
1/2 cup Parmesan cheese 2 eggs

Cook 1/2 lb wide lasagna (add 1 tablespoon cooking oil) for about 15 minutes.

Grease pan: 1 layer noodles
1 layer cheese mixture
1 layer Mozzarella cheese
1 layer meat sauce
Repeat

Bake at 350° for 40 minutes. Let cool for 15 minutes.

MAIN MEAT DISHES (ITALIAN)

STUFFED MANICOTTI (Carol Firlit)

- | | |
|-----------------------|--|
| 1 lb ground beef | 1 tablespoon dried basil |
| 1/2 cup chopped onion | 1-1/2 lbs (3 cups) Ricotta or cream |
| 1 large clove garlic | style cottage cheese, drained |
| 2 cans tomato paste | 2/3 cup grated Romano or Parmesan cheese |
| 2 cans tomato sauce | 2 slightly beaten eggs |
| 1 teaspoon oregano | 8 manicotti shells |

Brown meat lightly. Drain off excess fat. Add onion, garlic, paste, sauce, oregano and basil. Simmer about 1/2 hour. Combine Ricotta, (cottage cheese), Parmesan cheeses. Add some meat sauce to it also.

Stuff manicotti noodles in boiling water until just tender (much more and they are impossible to work with). Rinse shells in cold water. Stuff manicotti with cheese mixture. Pour half of the tomato-meat sauce into baking dish. Arrange manicotti in a row - top with remaining sauce. Sprinkle with 1/2 cup Parmesan or Romano cheese. Bake in 350° oven for 30-35 minutes. Makes 6-8 servings.

LASAGNA (Barbara Marienfeld)

- | | |
|--------------------------------------|----------------------------|
| 3 lbs hamburger or ground chuck | 1 small can mushrooms |
| 2 cans spaghetti sauce | Salt) |
| 10 large lasagna noodles | Pepper) To your own taste |
| 1 2-lb carton cottage cheese | Garlic) |
| 2 packages Mozzarella cheese, sliced | Minced hot peppers |

Cook your meat in a skillet. Add water so the meat is moistened. Drain the meat. Also season meat as desired. Cook the lasagna noodles till they are done. Drain. Stretch them straight if possible. Blend in the meat, mushrooms and the spaghetti sauce and season. Let this come to a boil to let the meat absorb the sauce.

Use a 16" x 16" baking pan. Take a large spoon and cover the bottom of the pan with the meat mixture. Spread out 3 large noodles or more if needed to cover the meat mixture. Spoon more meat mixture on top of the noodles. Spoon the entire carton of cottage cheese over the meat mixture. Spread a couple spoons of the meat sauce on the cottage cheese. Spread on another row of lasagna noodles on top of the cottage cheese. Make sure the noodles are close together. Spread the remainder of the meat sauce on top of the noodles. Take the Mozzarella cheese blocks sliced and put them back to back on top of the meat mixture. This forms a covering for the whole dish. Lightly spread on minced hot peppers. For more peppers you place on top, the hotter you make it. Bake at 375° for 25-30 minutes. Serves 6-8.

PIZZABURGER BY THE YARD (Frank Burns)

- | | |
|--|-------------------------------|
| 1 loaf French bread about 15" x 4" | 1 teaspoon salt |
| 1 lb ground beef | Dash of pepper |
| 1/3 cup finely chopped onion | 1 teaspoon oregano |
| Garlic salt or minced garlic clove, if desired | 1 5-1/2 ounce can pizza sauce |

CONTD

MAIN MEAT DISHES (ITALIAN)

PIZZABURGER BY THE YARD (Contd)

Cut loaf in half lengthwise. Combine ingredients, spread on each half loaf. Broil about 6 inches from heat for 10 minutes or until meat is done. When done, if desired, you can top with tomato slices and cheese slices and broil a minute or so longer, just until cheese melts.

SICILIAN MEAT ROLL (Linda Carstens)

- | | |
|------------------------------|-----------------------------------|
| 1 beaten egg | 1/4 teaspoon garlic powder |
| 1 slice bread, crumbled | 1 lb ground beef |
| 1/4 cup tomato juice | 4 boiled ham slices |
| 1 tablespoon parsley | 1 large package Mozzarella cheese |
| 1/4 teaspoon dried oregano | slices, reserving 1 slice for top |
| 1/8 teaspoon salt and pepper | |

Combine egg, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic powder. Mix in ground beef. Pat mixture on wax paper in oblong shape. Arrange ham and cheese alternately in middle of meat mixture. Fold in half pinching sides together to seal. Bake at 350° for 40 minutes. Place 1 cheese slice over top and return to oven for 5 minutes. Let cool about 5 minutes before slicing.

LASAGNA (Janice Geach)

- | | |
|-----------------------|----------------------------------|
| 2 cans tomatoes | Oregano - 1 teaspoon or to taste |
| 1 can tomato sauce | Salt and pepper to taste |
| 1-1/2 lbs ground meat | 1-1/2 lbs Mozzarella cheese |
| 1 small onion (cut) | Parmesan cheese |
| 3 cloves garlic | 5 5-1/2" pieces Lasagna noodles |

Brown ground meat in fry pan and drain fat. Put tomatoes, onion, garlic and cloves in blender and blend well. Pour into pan of meat and then add tomato sauce, salt, pepper and oregano. Simmer 2-3 hours. After simmering the sauce, boil the lasagna noodles in salty water for 15 minutes, drain and pour cold water over it. Put a layer of noodles in the bottom of pan, then a layer of sauce. Grate the mozzarella cheese and sprinkle over sauce. Then sprinkle Parmesan cheese and repeat. Bake at 350° for 15-20 minutes.

MEAT SAUCE (Lola Howell)

- | | |
|---|---|
| 1 lb ground chuck (or 1/2 lb bulk sausage and 1/2 lb beef) | 1 can (15-oz) tomato sauce |
| 1-1/2 cups onions, chopped | 1-1/2 cups dry red wine |
| 1/4 teaspoon garlic powder (or 2 cloves garlic, crushed) | 1 teaspoon salt |
| 1/3 cup fresh parsley, chopped (or 1 tablespoon dry parsley flakes) | 1 teaspoon coarsely ground black pepper |
| 1 4-oz can mushroom pieces, drained | 1 teaspoon sage |
| | 1 teaspoon poultry seasoning |
| | 1 teaspoon rosemary, crumbled |

Brown meat in a large skillet or saucepan. Add onions and cook until soft. Add remaining ingredients and simmer, covered, about 2 hours, stirring occasionally. Serve over noodles or spaghetti. Makes 6 servings.

MAIN MEAT DISHES (ITALIAN)

LASAGNA (Jennifer Burden)

| | |
|-------------------------------|-------------------------|
| 1 8-oz package medium noodles | 1 8-oz can tomato sauce |
| 1-1/2 lbs ground beef | 1 cup cottage cheese |
| Chunk of butter | 1 cup sour cream |
| 1 teaspoon garlic salt | 6 chopped green onions |
| 3/4 cup shredded sharp cheese | |

Cook noodles, drain and rinse. Brown meat in butter. Add salt, garlic salt and tomato sauce; simmer 5 minutes. Blend together cottage cheese, sour cream, onions and noodles. Put in 2-1/2 quart casserole, alternate layer noodles and meat mixture beginning and ending with meat. Top with shredded cheese. Bake at 350° for 25 minutes.

PIZZA FONDUE (Rita Eder)

| | |
|---------------------------------------|--|
| 1 onion, chopped | 1 cup grated Mozzarella cheese |
| 1/2 lb ground beef | 1 tablespoon cornstarch |
| 2 tablespoons shortening or margarine | 1-1/2 teaspoons fennel seed (optional) |
| 2 10-1/2 oz cans pizza sauce | 1-1/4 teaspoon oregano |
| 10 ounces grated cheddar cheese | 1/4 teaspoon garlic powder |

Brown onion and beef in shortening or margarine in large fry pan. Combine cornstarch, seasoning and pizza sauce and add to beef mixture. Stir well and cook mixture until it is thick and bubbly. Add cheese by thirds, stirring well after each addition. Adjust heat to medium to maintain bubbly consistency. Pour mixture in fondue pot and keep warm. Serve with toasted English muffin cubes (froiled). Mixture can be frozen.

LASAGNA WITH MEAT SAUCE (Sandie Good)

| | |
|--------------------------|-------------------------------|
| 2 cloves garlic | 1/2 lb lasagna noodles |
| 1 lb ground chuck | 3/4 lb Mozzarella cheese |
| 2 tablespoons olive oil | 1 lb Ricotta cheese |
| 1 package onion soup mix | 2 tablespoons Parmesan cheese |
| 1-1/2 cups water | |
| 1 can tomato paste | |
| 1 can tomato sauce | |
| 1/2 teaspoon salt | |
| 1/4 teaspoon pepper | |
| 1/2 teaspoon sugar | |
| 1 teaspoon oregano | |

These are the 8 ingredients

Brown garlic and ground chuck in oil in skillet; stir in next 8 listed ingredients. Cover; simmer for 30 minutes. Cook noodles according to directions; drain. Place in cold water with 1 tablespoon olive oil; remove as needed. Place 2 tablespoons tomato sauce mix in 9" x 13" baking pan. Arrange separate layers of noodles, longwise, Mozzarella cheese, Ricotta cheese, tomato sauce mix and Parmesan cheese. Repeat layer ending with sauce mix and Parmesan cheese. Bake in 350° oven for 30 minutes. Makes 8-10 servings.

MAIN MEAT DISHES (ITALIAN)

SICILIAN MEAT ROLL (June Love)

| | |
|---|--|
| 2 beaten eggs | 1/4 teaspoon pepper |
| 3/4 cup soft bread crumbs (1 slice) | 1 small clove garlic minced |
| 1/2 cup tomato juice | 2 lbs lean ground beef |
| 2 tablespoons snipped parsley | 8 thin slices boiled ham |
| 1/2 teaspoon oregano, crushed | 6 ounces (1-1/2 cups) shredded Mozzarella cheese |
| 1/4 teaspoon salt | |
| 3 slices Mozzarella cheese, halved diagonally | |

Combine eggs, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic. Stir in ground beef, mixing well. On foil or waxed paper, pat meat to a 12" x 10" rectangle. Arrange ham slices atop meat, leaving a small margin around edges. Sprinkle shredded cheese over ham. Starting from short end, carefully roll up meat, using to lift; seal edges and ends. Place roll, seam side down, in 13" x 9" x 2" baking pan. Bake in 350° oven for 1 hour, 15 minutes or until done. (Center of meat roll will be pink due to ham.) Place cheese wedges over top of roll; return to oven for 5 minutes or until cheese melts. Makes 8 servings.

LASAGNA (Anne Glandorf)

(Use one very large casserole or two average)

| | |
|------------------------|----------------------|
| 2 lbs ground beef | 1-1/2 teaspoons salt |
| 1 clove garlic, minced | 2 cups tomatoes |
| 1 tablespoon parsley | 1 can water |
| 1 tablespoon basil | 1 can tomato sauce |
| 2 tablespoons oregano | 1 onion |

Cook above for 45 minutes. Cook 1/2 package lasagna noodles.

Mix together in bowl:

| |
|-------------------------|
| 3 cups cottage cheese |
| 2 eggs |
| 2 teaspoons salt |
| 1 teaspoon pepper |
| 2 tablespoons parsley |
| 1/2 cup Parmesan cheese |

Make a layer of noodles, cheese mixture, sauce and 1/2 pound Mozzarella cheese. Bake at 375° for 45 minutes. Allow to set 20 minutes before serving.

CHICKEN TETRAZINI (Joan Herron)

Cook and drain 7-oz package spaghetti, broken up in thirds.

| |
|---------------------------------|
| 1/2 lb fresh mushrooms or 1 can |
| 2 cans cream of chicken soup |
| 3 cups diced cooked chicken |

Mix. Place in greased casserole. Mix in 1 cup sour cream. Sprinkle lavishly with Parmesan cheese. Bake uncovered 45 minutes to 1 hour at 300°.

MAIN MEAT DISHES (ITALIAN)

LASAGNA (Yvonne Wilkinson)

| | |
|------------------------------|---|
| 2 lbs ground beef | 1 dozen lasagna noodles |
| 1 tablespoon fat | 2 12-oz cartons large curd cottage cheese |
| 1 clove garlic (or juice) | 2 eggs, beaten |
| 3 tablespoons parsley flakes | 2 tablespoons salt |
| 1 teaspoon oregano | 1/2 cup grated Parmesan cheese |
| 2-1/3 cups canned tomatoes | 1/3 teaspoon pepper |
| 6-oz can tomato paste | 1 lb Mozzarella Cheese (sliced thin) |

Sauce: Brown meat in fat, add garlic and 1 tablespoon parsley, oregano, 2 tablespoons salt, tomatoes and paste. Simmer for 1 hour.

Cook, drain and rinse noodles. Combine cottage cheese and beaten eggs and salt and pepper, remaining 2 tablespoons parsley and Parmesan cheese. Arrange in lightly greased dish, noodles, cheese mix and meat sauce - repeat layers. Bake at 375° for 30 minutes.

ITALIAN SPAGHETTI (Mrs. Curt Meyer)

| | |
|------------------------------------|----------------------------|
| 1 to 1-1/2 lbs hamburger | 1 tablespoon sugar |
| 1 medium onion | 1 teaspoon garlic salt |
| 2 medium cans tomato sauce | 3-4 bay leaves |
| 2 cans tomato paste & 2 cans water | 1 can mushrooms (optional) |

Fry hamburger and onion until brown. Mix in sauce, paste, water, sugar, salt and bay leaves. Simmer 2-3 hours, stirring occasionally.

LASAGNA (Julie Chesley)

| | |
|--|----------------------------|
| 12-ounce tomato paste | 1 medium onion |
| 20-24 ounces Mozzarella cheese | 1/2 teaspoon garlic powder |
| 1/2 cup grated Parmesan or Romano cheese | 1 package lasagna noodles |
| 1 large carton cottage cheese | 1-1/2 cups water |
| | 1 to 1-1/2 lbs ground beef |

Brown ground beef and onions. Add garlic powder. Drain grease and add tomato paste and water; stir until mixed together. Simmer covered about 1/2 hour. If sauce gets too thick, add a little more water.

Grate Mozzarella cheese and set aside. Cook noodles according to directions on package. Grease pan bottom and put one layer of noodles (overlapping them). Add a layer of cottage cheese, sauce, Mozzarella cheese, Parmesan cheese. Continue layering in this order until all ingredients are used, ending with Mozzarella cheese on top. Bake in 350° oven for 25 minutes or until bubbling.

MAIN MEAT DISHES (ITALIAN)

SINISGALLI'S OLD WORLD ITALIAN SAUCE (Sandi Geerling)

| | |
|--|---|
| *1 sirloin steak, cut in cubes approx. 3-4 lbs.) | |
| 1 large onion, diced | } |
| 4 tablespoons olive oil | |
| 1 large clove garlic, crushed | } |
| 3 tablespoons parsley flakes | |
| 2 tablespoons oregano | } |
| 1 1/2 teaspoons salt | |
| 1 1/2 teaspoons ground black pepper | |

saute

ADD to above mixture

In a cheesecloth bag, combine 2 cloves and 2 basil leaves.

OR

In place of these spices you can substitute 2 tablespoons sugar and 1 tablespoon monosodium glutamate.

*Sirloin steak can be omitted and you may substitute round steak or Italian sausage or even ground beef (1 pound).

After all these ingredients have been mixed in a large sauce pan add:

2 large cans tomatoe sauce
1 (6 ounce) can tomatoe paste
2 cups water

Simmer the sauce for about 4 to 6 hours. Stirring occasionally. The meat cooks appart and is FANTASTIC!!

GARLIC BREAD (Sandi Geerling)

1 loaf Italian or french bread
1 jar Lawrey's garlic butter
1 stick butter
1 can Kraft Parmesan grated cheese

Place oven on broil.

Slice bread at an angle, so that you have several slices. Lay flat on a cookie sheet and spread equal amounts of garlic butter and butter on each. Sprinkle Parmesan cheese on top of each and place 2 inches below broiler. Remember to leave oven door open and watch till golden brown. About 1 minute. This is a great "go-along" with any Italian dish.

MAIN MEAT DISHES (STEW)

VOODOO STEW (Mary Magiera)

| | |
|---------------------------|--------------------------------------|
| 1/2 to 1 lb hamburger | 1 can vegetable beef soup, undiluted |
| 1 tablespoon minced onion | 1 teaspoon steak sauce |
| Salt and pepper to taste | |

Brown hamburger; drain fat. Add level tablespoon minced onion and remaining ingredients. Bring to boil and simmer 10 minutes or longer. Serve over noodles.

SWEET SOUR STEW (Billie Dunn)

| | |
|---------------------------------------|-----------------------------------|
| 1/4 cup all-purpose flour | 1/2 cup catsup |
| 1 teaspoon salt | 1/4 cup brown sugar |
| Dash of pepper | 1/4 cup vinegar |
| 2 lbs beef stew meat, cut in 1" cubes | 1 tablespoon Worcestershire sauce |
| 1/4 cup cooking oil | 1 teaspoon salt |
| 1 cup water | 1 large onion, chopped |
| 3 carrots, cut in 3/4 inch pieces | |

Combine flour, the first teaspoon salt and the pepper; coat meat with flour mixture. In large skillet, brown meat on all sides in hot oil. Combine water, catsup, brown sugar, vinegar, Worcestershire sauce and the second teaspoon salt. Stir into browned meat, onion. Cover; cook over low heat for 45 minutes, stirring once or twice. Add carrots, cook 45 minutes more or until meat and carrots are tender. Makes 4-6 servings.

OLD TIME BEEF STEW (Cheryl Aberle)

| | |
|---------------------------------|----------------------|
| 2 lbs stewing beef | 1/2 teaspoon paprika |
| 1 teaspoon Worcestershire sauce | 1/4 teaspoon pepper |
| 1 bay leaf | Dash of allspice |
| 1 medium onion, sliced | 6 carrots |
| 1 teaspoon salt | 6 potatoes |
| 1 teaspoon sugar | |

In Dutch Oven, thoroughly brown meat in 2 tablespoons hot shortening, turning often. Add 3 cups hot water and next 9 ingredients. Cover, simmer for 1-1/2 hours, stirring occasionally. Remove bay leaf. Add vegetables. Cover and cook 30-45 minutes. Remove meat and vegetables and stir in gravy thickening. Serves 6-8.

FIVE-HOUR STEW (Nedra Mosley)

| | |
|--------------------------------|-----------------------|
| 2-3 lbs any beef | 1 No 7 can tomatoes |
| 3 onions, sliced | 1 can tomato sauce |
| 7-8 carrots, sliced diagonally | 1/2 cup Burgundy wine |
| 2 teaspoons garlic salt | 3 tablespoons tapioca |

Combine all ingredients and cook in oven for 4-1/2 hours at 225°.

| | |
|-------------------------|-----------------------|
| 2-3 salt whole potatoes | 1 can water chestnuts |
| 1 can mushrooms | |

Add last 1/2 hour including juice.

MAIN MEAT DISHES (PEPPER STEAK)

PEPPER STEAK (Marge Harris)

| | |
|--------------------------------|----------------------------------|
| 1-1/2 lbs boneless beef chuck | 1/2 cup diced celery |
| 1/4 cup olive oil | 2 tablespoons cornstarch |
| 1 clove garlic (crushed) | 6 tablespoons Soy sauce |
| 1 can stew tomatoes | 1 teaspoon Worcestershire sauce |
| 1 medium pepper, cut in strips | 1/4 teaspoon course black pepper |
| 1 cup chopped onions | Hot cooked rice |

Cut meat in 1-1/2" x 1/2" strips. Brown in hot oil. Add garlic, tomatoes, and 1 cup water to browned meat. Cover and simmer 45 minutes or until tender. Add pepper strips, onion and celery. Cover and cook 15 minutes longer. Combine cornstarch and 1/4 cup water, stir until smooth. Stir into meat with remaining ingredients, except rice. Cook until slightly thickened, stirring constantly. Serve on rice. Makes 4-6 servings.

PEPPER STEAK (Myrna Collins)

| | |
|------------------------|----------------------------------|
| 1 or 2 lbs round steak | 1/2 cup catsup (or add to taste) |
| 1 can onion soup | 1 medium green pepper |

Cut round steak into strips. Brown in electric fry pan or skillet. Add onion soup and catsup. Simmer 2-3 hours or until meat is tender. Add green pepper, cut in strips; continue cooking until pepper is tender. Serve.

PEPPER STEAK (Joan Herron)

| | |
|--|--|
| 2 lbs lean beef, cut in very thin strips about 2" long, round steak or any | |
| 4-6 tablespoons Soy sauce | 1-1/2 teaspoon salt |
| 1-1/2 teaspoons cornstarch | 1/4 teaspoon monosodium glutamate (Accent) |
| 1/8 teaspoon pepper | 1 can mushrooms |
| 2-4 medium green peppers, cut in thin strips | 3/4 cup beef bouillon |
| | 6 tablespoons cooking oil |

Mix beef with 1/2 Soy sauce, cornstarch and pepper. Cut up green peppers. Fry in 3 tablespoons oil. Remove from skillet. Add remaining oil and fry beef until redness disappears. Add green peppers, monosodium glutamate and remaining Soy sauce. Heat well. Serve over rice or alone.

MAIN MEAT DISHES (POLISH)

CABBAGE ROLLS (Rose Stankiewicz)

| | |
|------------------------|--------------------------------|
| 3 lbs ground beef | 1 clove garlic, finely chopped |
| 2 eggs | Salt and pepper |
| 1 cup cooked rice | Cabbage leaves |
| 1 large onion, chopped | 2 cans sauerkraut |
| 1 lb bacon | |

Mix beef, eggs, rice, onion and garlic. Cut bacon into small chips and fry until crisp; drain off drippings and add bacon to beef mixture. Season to taste with salt and pepper. Separate cabbage leaves and drop into boiling salted water for about a minute to wilt, drain. Spread leaves out and place 2 tablespoons of meat mix on each one. Roll up and tuck the edges of cabbage in to make neat little rolls. Place a layer of sauerkraut in bottom of greased baking dish and put rolls on top. Spread another layer of kraut on top. Cover and bake in 350° oven about 40 minutes or until meat rolls are very tender. Serves 10-12.

MAIN MEAT DISHES (POLISH)

GOLUBKI'S (Judy Holzworth)

| | |
|--------------------------|-----------------------------|
| 3 lbs ground beef | Salt and pepper to taste |
| 1 lb ground pork | 2 eggs |
| 1 medium to large onion | 1 to 1-1/2 cups Minute Rice |
| 2 large heads of cabbage | |

Combine meat, onion, salt, pepper, eggs, rice; shape into oblong shape. Wrap meat in cabbage leaves. Use extra cabbage leaves to line baking dish.

| | |
|---------------------------|-----------------|
| Sauce: 3 jars chile sauce | 1 medium onion |
| 1 large can tomato soup | 1 can mushrooms |
| Salt & pepper to taste | |

Pour sauce over golubkis. Bake at 300° for 3 hours.

POLISH SAUSAGE AND POTATOES (Nedra Mosley)

| | |
|---|--------------------------------|
| About 6 tablespoons butter | 1 large onion, thinly sliced |
| About 12 ounces kielbasa | 1 large Golden Delicious apple |
| 2 medium sized potatoes, peeled and thinly sliced | |

Melt 1 tablespoon of the butter in a frying pan over medium heat. Slash sausage at 1-inch intervals and cook until browned on all sides. Arrange on a warm serving dish; keep warm. Add 4 tablespoons of the butter to the pan; add the potatoes and onion and stir well. Cover and cook, stirring often and adding more butter, if needed, until potatoes are tender - about 15 minutes.

Remove the lid and continue cooking until potatoes are browned; arrange with the sausage; keep warm. Peel and core the apple; cut into 1/2" thick rings. Melt 1 more tablespoon butter in the pan. Add apple and saute until lightly browned on both sides. Arrange with sausage and potatoes. Serves two. Increase recipe as needed for larger amount.

GOLUBKI'S (Bernadette Matz)

| | |
|---|-------------------------------------|
| 1 lb ground beef | 1/2 can mushroom soup (optional) |
| 1/2 cup rice (already boiled) | 1/4 green pepper sautee' with onion |
| 1 egg | 1 can tomato soup |
| 1 onion sautee' in 2 tablespoons butter | |

Mix all ingredients (except tomato soup) and wrap in cabbage leaves. Put in roaster and pour 1 can of tomato soup mixed with 1/4 cup boiling water on top of golubki's. Cover roaster and put in oven from 2 to 3 hours at 350°.

Cabbage Leaves: Buy a large cabbage with large leaves. You might need two cabbages if small in size. Remove large core from cabbage. Boil cabbage in boiling water until leaves fall away from cabbage head. If hard core is still at ends of leaves, cut off. Let cool, then wrap with golubki recipe.

MAIN MEAT DISHES (STROGANOFF)

BEEF STROGANOFF (Adele Glandorf)

2 lbs sirloin tip or sirloin cut very thin in 1/2" strips, like chip beef (Butcher will do this for you.) Cook in electric fry pan and brown for about 5 minutes in 2 tablespoons hot fat.

Add: 1 thinly sliced onion and season with garlic salt

Then combine and add: 1 can condensed cream of mushroom soup
1 3-oz or more can mushrooms and juice
2 tablespoons catsup
2 teaspoons Worcestershire sauce

Heat thoroughly and mix well. Add about 1 tablespoon Kitchen Bouquet and 1 cup dairy sour cream. Mix well and bring only to boiling point, but do not boil. Serve at once. Can be served over rice or noodles.

HAMBURGER STROGANOFF (Bernadette Matz)

| | |
|------------------------------|-----------------------------------|
| 1 lb ground beef | 1/2 teaspoon salt |
| 3 slices bacon, diced | 1/4 teaspoon paprika |
| 1/2 cup chopped onions | 1 cup dairy sour cream (optional) |
| 1 can cream of mushroom soup | Hot buttered noodles |

Brown ground beef and bacon. Add onions and cook till tender; drain. Stir in soup, salt and paprika. Simmer 20 minutes, stirring frequently. Stir in sour cream; heat through. DO NOT BOIL. Serve over noodles. Makes approximately 4 servings.

BEEF STROGANOFF (Nate Whitford)

Cube 1" squares of lean round or swiss steak (2 lbs). Roll in mixture of 1 cup flour, 1 teaspoon salt, 1/8 teaspoon pepper, 1/2 teaspoon paprika and 1/2 teaspoon Adolph's Meat Tenderizer-seasoned. Braise in medium hot pan with any kind of fat - oleo, etc. When meat is braised, add 2 small or 1 large onion - sliced. Add 2 4-oz cans mushroom stems and pieces. Add about 1/2 cup hot water to surface of meat. Simmer for about 2 hours or until meat is tender. Stir occasionally while cooking. Just before serving, stir in 1 cup sour cream. Thicken gravy if desired or needed. Serve over rice, noodles or biscuits.

BEEF STROGANOFF (Amy Marsh)

| | |
|---|-----------------------------|
| 2 lbs tenderloin tips (cubes) or ground chuck | 1 clove garlic, minced |
| 1/2 cup butter | 1 can mushroom soup |
| 1 lb fresh mushrooms | 1 can commercial sour cream |
| 2 teaspoons salt | 3 tablespoons flour |
| | Pepper |

Brown beef and onion in 1/4 cup butter. Saute mushrooms separately in remaining butter, add garlic the last minute. Combine mixtures and add salt, pepper and flour. Add stock or soup and stir until thickened. Add sour cream and heat through for about five minutes. Serve at once over noodles or rice. The Stroganoff can be made ahead of time and reheated, but don't add the sour cream until just before you serve it. Makes 8 servings.

MAIN MEAT DISHES (BAR-B-Q)

BARBECUED SPARERIBS (Jenny Nash)

| | |
|--|-------------------------------------|
| 3 to 4 lbs spareribs, cut in serving size pieces | 2 tablespoons catsup |
| 5 tablespoons sugar | 1 teaspoon salt |
| 3 tablespoons honey | 3 tablespoons Soy sauce |
| | 1 cup hot chicken broth or bouillon |

Marinate the ribs in a mixture of the other ingredients for at least 2 hours. Bake at 300° for 2-3 hours, basting frequently with the sauce. Makes 6 servings. Note: If ribs are fat, drop them in boiling water for 5 minutes before marinating.

BAR-B-Q BEEF (Nancy Shadley) (For sandwiches)

| | |
|----------------------|---------|
| 1 lb ground beef |) |
| 1 cup chopped onion |) Saute |
| 1 cup chopped celery |) |

Add: 1 14-oz bottle catsup
Pinch of ground cloves
Dashes of salt and pepper

Cook slowly several hours over low heat. Serves 8-10, depending on size of sandwich buns.

BARBECUED RIBS (George Turner)

Trim excess fat from ribs. Season. Place in roasting pan with 1 cup vinegar and 1 cup water. Cover and place in oven at 400° for 30-40 minutes.

Sauce: 1 bottle Open Pit Barbecue Sauce (or other commercial brand)
2 cups brown sugar
1 teaspoon salt
1 teaspoon black pepper
2-3 teaspoons red cayenne pepper
1 teaspoon cumin
1 teaspoon oregano
2 teaspoons Worcestershire sauce
1 medium onion, finely chopped

Place above ingredients in large pot and let simmer for 1 hour at low heat.

Remove ribs from oven and place on grill. Grill until brown. Baste with barbecue sauce. Let cook 5 minutes while constantly turning and basting to prevent burning.

MAIN MEAT DISHES (MEAT LOAF)

MEAT LOAF (Katherine Wilson)

| | |
|-------------------------------|--------------------|
| 1 lb ground beef | 1 teaspoon Accent |
| 3/4 cup flavored bread crumbs | 1/3 cup ketchup |
| 1 egg, beaten | 1/4 cup warm water |

Mix together and put into loaf pan, pour over all 4 ounces of tomato sauce. Bake 1 hour at 350°.

MAIN MEAT DISHES (MEAT LOAF)

MEAT LOAF (Reva Whitford)

| | |
|-----------------|---------------------|
| 3 lbs hamburger | 1 teaspoon sage |
| 2 cups crackers | 1/2 teaspoon pepper |
| 1 cup milk | 2 onions |
| 1/2 cup catsup | 1 or 2 eggs |
| 1 teaspoon salt | |

Mix, cover with catsup and bake at 375° until done - about 1 hour.

MEAT LOAF

| | |
|-----------------------------|---|
| 1 lb ground steak | 1 egg |
| 1 slice bread (tiny pieces) | 1/4 teaspoon dry mustard |
| 1 small onion | 3/4 cup milk (until it's almost sloppy) |
| 1/4 cup catsup | Salt and pepper |

Mix with fork. Bake in an ungreased casserole for 45 minutes to 1 hour at 350°.

MAIN MEAT DISHES (CASSEROLES)

GROUND BEEF AND NOODLE CASSEROLE (Willoween Smith)

| | |
|-------------------------------|---------------------------------|
| 2 lbs ground beef | 1 can mushroom soup |
| 1 onion, chopped | 1 can milk |
| 1 8-oz package fine noodles | 1/2 lb sharp cheese, grated |
| 1 small bottle stuffed olives | 1 can chow mein noodles for top |

Brown meat, add onions and brown slightly. Cook noodles. Arrange in layers and cover with diluted soup. Bake 30 minutes covered at 350°. Remove from oven and top with chow mein noodles. Bake uncovered 30 minutes longer. Makes 12 servings.

CHOP SUEY CASSEROLE (Kittie Ross)

| | |
|------------------------------|-----------------------------|
| 1 cup chopped onion | 1 cup rice |
| 1 cup chopped celery | 1/8 cup Soy sauce |
| 1-1/2 lbs ground beef | 1 can mushrooms |
| 1 can cream of mushroom soup | 1 can bean sprouts, drained |
| 1 can cream of chicken soup | |

Saute onions and celery and brown ground beef. Cook washed rice in slightly salted water and blanch. Add rice, Soy sauce, mushrooms, bean sprouts and soups to first mixture. Bake in greased casserole at 375° for 1 hour.

CASSEROLE (Nancy Bright)

| | |
|------------------------------|-----------------------------|
| 1 lb ground beef, brown | 1 can cream of chicken soup |
| Onion, brown | 1 small can Pet Milk |
| 1 can cream of mushroom soup | 1 can Taco sauce |
| Doritos | Cheese |

Line dish with Doritos. Fill with half the mixture. Cover with cheese and repeat. Bake at 350° for about 30-45 minutes.

MAIN MEAT DISHES (CASSEROLES)

HARVEST CASSEROLE (Sara Denton)

| | |
|---|--|
| 1 lb ground beef (brown slightly; pour off fat) | 2 cups thinly sliced raw potatoes |
| 1 cup minced onion | 1/3 cup flour or 2 tablespoons |
| 1 No. 2 can tomatoes | 1 package frozen cut corn, thawed |
| 1 tablespoon Worcestershire sauce | 1 package frozen lima beans (optional) |
| 2 teaspoons salt | |

Place in casserole. Bake 1 hour covered at 350°. Sprinkle with cheese. Bake uncovered 30 minutes more.

CHINESE BEEF CASSEROLE (Karen Murphy)

| | |
|----------------------------|--------------------------|
| 1 lb ground beef | 1 soup can water |
| 1/2 medium onion, chopped | 1/2 cup rice |
| 1 can mushroom soup | 2 tablespoons shortening |
| 1/2 can chicken gumbo soup | |

Cook ground beef in skillet until meat loses pink color. Mix meat with remaining ingredients. Pour into 2-quart casserole. Bake at 350° for 1 hour. Serve. Makes 6 servings.

SOUTHWESTERN CASSEROLE (Maurine Tomaw)

| | |
|---|--|
| 1-1/2 lbs ground beef | 1 can mushroom pieces |
| 1 large onion, chopped | 1 cup cooked macaroni (1/2 cup uncooked) |
| 1 large green pepper, chopped | 2 buttons garlic, minced (if desired) |
| 1 No. 300 can red kidney beans, drained | Salt to taste |
| 1-1/2 cups cheese, diced | Pepper to taste |
| 1 15-oz can tomato sauce | Chili pepper (if desired) |

Saute hamburger, onion and green pepper. Pour into casserole and add other ingredients. Mix well and bake in a 350° oven for 1 hour.

MAIN MEAT DISHES (MISCELLANEOUS)

GLAZED HAM BALLS

| | |
|----------------------------|---------------------------------------|
| 1-1/2 lbs ground lean pork | 1 1 lb-4-1/2 oz can pineapple chunks |
| 1 lb ground ham | 1 cup dark brown sugar, firmly packed |
| 2 cups soft bread crumbs | 1/2 cup cider vinegar |
| 1 teaspoon salt | 1 teaspoon dry mustard |
| 1 cup milk | |

Mix meat, bread crumbs, salt and milk; shape level tablespoons into balls. Arrange in a single layer in a large baking pan. Bake uncovered for 30 minutes. While meat is baking, drain pineapple and reserve juice (1/2 cup). Place juice, brown sugar, vinegar and mustard in sauce pan and heat to boiling. Remove ham balls to 2-quart casserole; pour juice over balls and bake 30 minutes uncovered. Add pineapple chunks and bake 15 minutes longer at 350°.

MAIN MEAT DISHES (MISCELLANEOUS)

ROUND STEAK SAUERBRATEN (Laurie Faulkner)

| | |
|-----------------------------------|---------------------------------|
| 1-1/2 lbs round steak, 1/2" thick | 2 tablespoons brown sugar |
| 1 tablespoon fat | 1/2 teaspoon salt |
| 1 envelope brown gravy mix | 1/4 teaspoon pepper |
| 2 cups water | 1/2 teaspoon ginger |
| 1 tablespoon instant minced onion | 1 teaspoon Worcestershire sauce |
| 2 tablespoons white wine vinegar | 1 bay leaf |
| Hot buttered noodles | |

Cut meat in 1" squares. In large skillet, brown meat on all sides in hot fat. Remove meat from skillet; add gravy mix and water. Bring to boiling, stirring constantly. Stir in remaining ingredients except noodles. Return meat to skillet; cover and simmer 1-1/2 hours, stirring occasionally. Remove bay leaf. Serve over hot buttered noodles. Makes 5-6 servings.

SOUR CREAM NOODLE BAKE (Edith Choate)

| | |
|--------------------------|--|
| 1 8-oz package noodles | 1 15-oz can tomato sauce |
| 1-1/2 lbs ground chuck | 1 cup creamed cottage cheese |
| 1/8 teaspoon pepper | 1 cup sour cream |
| 1/4 teaspoon garlic salt | 1/2-1 cup green onions, chopped (use tops) |
| 1/2 teaspoon salt | 3/4-1 cup sharp cheddar cheese, shredded |

Cook noodles according to package directions. Drain and rinse with cold water. Brown meat, add seasonings and 2/3 can tomato sauce. Combine cottage cheese, sour cream and onions and add to noodles. Alternate layers of noodle mixture and meat mixture, ending with meat mixture. Top with grated cheese. Add remainder of tomato sauce. Bake 30 minutes at 350°. Makes 1 large or two medium-sized casseroles.

HAMBURGER NOODLE BAKE (Ann Bradley)

| | |
|---------------------------------|--|
| 2 teaspoons butter or margarine | 2 6-oz cans tomato sauce |
| 1 lb ground beef | 8-oz package Brood Noodles (cooked) |
| 1 teaspoon salt | 6 medium green onions |
| Dash of pepper | 3-oz package Philadelphia cream cheese |
| 1 teaspoon sugar | 1 cup grated cheddar cheese |
| Dash of garlic salt | 1 cup sour cream |

Melt butter in large frying pan. Add meat and break up until well browned. Add garlic salt, salt, pepper, sugar and tomato sauce. Stir to blend. Cover and simmer 15-20 minutes. Meanwhile, cook noodles per package instructions (allowing time for final cooking in oven). Drain well. Cut green onions fine. Add softened cream cheese and sour cream. Blend.

Place 1/3 noodles in 2-quart casserole, top with 1/3 cheese mixture, then 1/3 meat mixture. Repeat ending with meat. Sprinkle with grated cheese. Can cover and place in refrigerator until needed. Bake for 25-30 minutes in 350° oven or until well heated through. Let stand 10 minutes before serving. Cut in squares. Note: If hamburger is a little too fat, dip off several spoonfuls before adding the other ingredients.

MAIN MEAT DISHES (MISCELLANEOUS)

SOUP MEAT 'N POTATOES PIE (Sue Goodin)

| | |
|---|-------------------------------|
| 1 can Campbell's cream of mushroom soup | 2 tablespoons chopped parsley |
| 1 lb ground beef | 1/4 teaspoon salt |
| 1/4 cup finely chopped onion | Dash of pepper |
| 1 egg, slightly beaten | 2 cups mashed potatoes |
| 1/4 cup fine dry bread crumbs | 1/4 cup shredded mild cheese |

Mix thoroughly 1/2 cup soup, beef, onion, egg, bread crumbs, parsley and seasonings. Press firmly into 9" pie plate. Bake at 350° for 25 minutes; spoon off fat. Frost with potatoes; top with remaining soup and cheese. Bake 10 minutes more or until done. Garnish with cooked sliced bacon, if desired. Makes one 9" meat pie.

HOPCO DINNER (Barbara Marienfeld)

| | |
|----------------------------------|--------------------------|
| 1/4 lb hamburger or ground chuck | 1 1/4" sliced onion |
| 1 large potato diced | Salt and pepper to taste |
| 1 cup frozen peas and carrots | |

Cut 3 pieces of tin foil all the same size. Place one on top of the other. Take the hamburger and make into a patty. Place this on top of the foil. Then place the onion on top of the meat. Place the potatoes on top of the onion. Then the peas and carrots on top of the potatoes. Salt and pepper to your own taste. Take the top layer of foil and wrap. Then go on to the next and then the next. This ensures that none of the juice leaks out of the dinner. Bake at 400° for 1 hour. Serves 1. For additional servings, just make for one again and again.

CORNISH PASTIES (Mrs. William Anderson)

| | |
|--------------|----------------------|
| 1 cup lard | 1-1/2 teaspoons salt |
| 4 cups flour | 8-9 teaspoons water |

Filling:

| | |
|-------------------------------------|---|
| 1-1/2 lb boneless stew beef | 2 medium size onions, chopped |
| 1/2 lb pork, cut into small pieces | Salt and pepper to taste |
| 6 medium size potatoes, diced small | 1 or more cups diced rutabaga and carrots |

Work lard, flour and salt together with blender or by hand. Add water to make soft dough. Divide dough into six portions and roll to size of 10" plate. On one half of dough place the filling which can be mixed together or placed separately, using meat, potatoes, carrots and onions in the order given. Salt and pepper to taste. Fold uncovered portion of dough over the filled part and wrap the edges. Make a slit in top and give each pasty a teaspoon of water. Place on cookie sheet. Bake for 1 hour in 400° oven.

HOLIDAY HOT DOGS (Anne Glandorf)

| | |
|----------------------------|--------------------------------|
| 2 tablespoons Wesson oil | 2 tablespoons prepared mustard |
| 2 tablespoons green pepper | 3/4 cup catsup |
| 1/2 cup onion | Worcestershire sauce |
| 2 tablespoons brown sugar | |

Brown above five ingredients and slit hot dogs and add to electric frying pan. Pour over catsup and dash of Worcestershire sauce and cover with lid. Heat well and serve on steamed buns.

MAIN MEAT DISHES (MISCELLANEOUS)

BEEF BURGUNDY (Mrs. John Racey)

| | |
|--------------------------------|---------------------------------------|
| 2-1/2 lbs round steak | 1 large bay leaf |
| 1/2 cup flour | Dash of pepper |
| 4 tablespoons margarine | 1 teaspoon salt |
| 1/2 cup coarsely chopped onion | 1 can (6-oz) whole mushrooms, drained |
| 1 tablespoons snipped parsley | 1 cup red Burgundy wine |
| 1 large clove garlic, crushed | 3/4 cup water |

Cut steak into cubes and shake with flour to coat, using all of the flour. Melt margarine in skillet; brown meat cubes on all sides. Remove from heat. Add remaining ingredients and stir. Bring mixture to a boil, reduce heat and simmer, covered, about 1 hour. Remove bay leaf. Makes 8 servings.

VEAL PARMIGIANO (Trish Daly)

| | |
|---------------------------------------|--|
| 1 lb thinly sliced veal cutlet | 3 tablespoons shortening |
| Salt and pepper | 1 can (10-3/4 ounces) Campbell's tomato soup |
| 1 egg, slightly beaten | 1/4 cup water |
| 1 tablespoon water | 1/4 cup finely minced onion |
| 1/2 cup fine dry bread crumbs | Dash of ground thyme |
| 1 small clove garlic, minced | 1/4 cup grated Parmesan cheese |
| 4 slices (4-ounces) Mozzarella cheese | |

Pound veal with meat hammer or edge of heavy saucer. Season with salt and pepper. Beat egg and 1 tablespoon water. Dip veal in egg mixture. Then in bread crumbs. Brown in shortening (use more if necessary). Arrange veal in shallow baking dish (12" x 8" x 2"). Mix soup, water, onion, garlic and thyme. Pour over veal. Top with Mozzarella and Parmesan cheeses. Bake at 350° for 30 minutes. Makes 4 servings.

TAMALE CORN BAKE (June Love)

| | |
|------------------------------|-----------------------------|
| 1 cup corn meal | 1 tablespoon flour |
| 2 cups water | 1/2 cup chopped ripe olives |
| 3 teaspoons salt | 1 can No 1 tomatoes |
| 1 lb ground beef | 2 teaspoons chili powder |
| 1/2 cup chopped onion | 1 teaspoon salt |
| 1/3 cup chopped green pepper | 1/4 teaspoon garlic salt |
| 1 tablespoon shortening | 1/2 cup grated cheese |

Cook corn meal, water and 3 teaspoons salt in saucepan until thick. Line bottom and sides of buttered, shallow 1-1/2 quart casserole with warm corn meal. Set aside. Brown ground beef, onions and pepper in shortening in skillet. Blend in flour, olives, tomatoes and seasonings; simmer for 5 minutes. Turn into corn meal crust. Bake in moderate oven 350° for 30 minutes. Sprinkle with grated cheese the last 5 minutes of baking. Makes 6 servings.

EASY POT ROAST (Mrs. J. Laetz)

Use any pot roast approximately 2-3 lbs. Even an inexpensive cut tastes delicious. Brown on both sides in 1 tablespoon olive oil. Sprinkle with 1 teaspoon celery salt, 1 tablespoon dehydrated onions, 1/4 cup Heinz dill pickle relish and fresh ground black pepper to taste. Pour in 1/2 cup water or 1/4 cup dill pickle juice. Simmer for about 1-1/2 hours or until tender.

MAIN MEAT DISHES (MISCELLANEOUS)

HAMBURGER ENCHILADAS (Sandie Good)

In 2 tablespoons cooking oil, brown 1-1/4 lbs hamburger and 1/2 cup chopped onion.

| | |
|-------------------------------|---------------------------|
| Add: 2 8-oz cans tomato paste | 1 teaspoon cayenne pepper |
| 1 15-oz can tomato sauce | 1 teaspoon garlic salt |
| 1 cup water | 1 teaspoon salt |
| 2 teaspoons chili powder | 1/4 teaspoon black pepper |

Simmer for 45 minutes. In the meantime, prepare 1/2 lb grated cheddar cheese and 1/2 cup chopped onions. Starting with 24 corn tortillas, dip each one in hot fat just long enough to soften it. Drain on a paper towel and spread 2 tablespoons meat sauce on each tortilla. Sprinkle with grated cheese and onion. Roll up and place in shallow pan or baking dish. Sprinkle tops with remaining cheese, onions and 1 cup meat sauce. Bake at 350° for 15 minutes. Serves 5.

PAPRIKA CREAM SCHNITZEL (Evelyn Bacon)

| | |
|-----------------------------|-------------------------------------|
| 4 slices bacon, cut fine | Salt |
| 1-1/2 lbs veal steak | 1/2 cup tomato sauce or tomato soup |
| 2 tablespoons chopped onion | 1 cup sour cream |
| 1 teaspoon paprika | |

Fry bacon until crisp. Add veal cut into cubes and brown. Add onion and brown. Season with paprika and salt. Simmer about 20 minutes with tomato sauce; then add sour cream and simmer about 10 minutes. Serve over cooked broad noodles.

SPAM SANDWICH (June Love)

| | |
|----------------------|------------------------------|
| 1 can Spam (chopped) | 1/2 cup grated medium cheese |
| 2 tablespoons onion | 1/3 cup relish (drained) |
| 1 teaspoon mustard | Salad dressing to make moist |

Fill 8-10 hamburger buns and roll in foil; bake in 350° oven 20-30 minutes.

TACOS CON CARNE MOLIDA (Sherry Saucedo)
(Tacos with Ground Meat)

| | |
|--------------------------------------|--|
| Filling: | |
| 2 tablespoons shortening | 1/2 teaspoon sugar |
| 1 pound ground beef | 1 tablespoon chili powder |
| 2 small green pepper, chopped | 1 teaspoon coriander |
| 1 medium onion, minced | salt and pepper to taste |
| 1 large potato, cooked and diced | 1/2 cup green pimento-stuffed olives chopped |
| 1 cup tomatoes (8 ounce can) chopped | Fat for frying |

| | |
|------------|--------------------------|
| Garnishes: | |
| lettuce | tomato wedges |
| | oil-and-vinegar dressing |

Heat shortening in heavy skillet, brown the meat with the green pepper and onion until onion is transparent, pepper is soft, and the meat nearly cooked through. Add the potato, tomatoes, sugar, chili powder, coriander, salt, and pepper and stir to blend, cooking for a few minutes more. Mix in olives, stirring and cook about 10 minutes more. Heat tortillas to soften, place meat in tortilla, roll and fasten with toothpick. Fry in hot oil until crisp. Serve with lettuce and tomatoes which have been drenched in your favorite oil-and-vinegar dressing.



CALL OF THE WILD

All of the following recipes have been submitted by Mr. & Mrs. Carl Hobart.

FRIED VENISON ROUND STEAK

Cut venison steak into serving portions. Score lengthwise with sharp knife, then score crosswise on opposite side. This allows fat to quickly penetrate and results in tender, juicy servings. Shake in paper bag mixed with flour, salt and pepper. Deep-fry in hot beef suet, two or three minutes, or to taste. Drain and serve.

RABBIT - HUNTER'S STYLE

| | |
|---------------------------|---------------------------|
| 1 rabbit | 1 teaspoon curry powder |
| 1 cup olive or salad oil | 1 teaspoon powdered thyme |
| 1 clove garlic | 2 teaspoons salt |
| 1 cup all-purpose flour | 1/2 teaspoon pepper |
| 2 tablespoons dry mustard | 1 cup light cream |

Cut rabbit into serving pieces, brush all over with oil, and refrigerate overnight. Next day rub pieces with cut clove of garlic. Combine flour, salt, pepper and spices in a clean paper bag. Shake pieces of rabbit in bag until well coated. Fry to a golden brown in oil, turning until crisp. Reduce heat to simmer and pour cream over rabbit. Cover, simmer for 1 hour or until tender. Serve on a hot platter with cream sauce.

FRICASSEE FRIED RABBIT

Six pieces per rabbit - four legs and two saddles. Put the pieces in a paper bag with flour seasoned with salt and pepper, and shake until the pieces are lightly coated with the flour. Heat about 4 tablespoons bacon fat or lard in a heavy frying pan and lay in the coated rabbit pieces. Brown thoroughly on all sides, turning frequently. Take the pieces out and put them into an oven casserole. Stir what seasoned flour is left in the bag into the frying pan. Do this under low heat. Thin the paste down with 1 cup or so milk, stirring constantly.

Pour this milk sauce or gravy over the rabbit in the casserole, cover it and put it into a very slow oven (about 300°) for about 45 minutes or until the rabbit is moist and tender and has taken up most of the milk. Make more milk gravy if you like and have mashed potatoes as well as rabbit.

ORANGE AND WINE ROASTED DUCK

| | |
|--------------------------|------------------------|
| 1 large duck | 1/8 teaspoon pepper |
| Water to cover | 1 tablespoon salad oil |
| 3 onions to be quartered | 1/4 orange |
| 2 bay leaves | 3/4 cup water |
| 1 stalk celery | 3/4 cup orange juice |
| 1/2 teaspoon salt | 1/4 cup sherry wine |

Clean duck and place in deep saucepan. Cover with cold water. Quarter onions. Add 1 onion, bay leaves, celery, salt, and pepper to duck. Bring to boil, then reduce heat, cover, and simmer for 20 minutes. Take duck from pan and drain. Set oven at 350°. Brush bird with oil. Put orange and 2 onions in cavity. Set duck in roasting pan, breast side up. Add 3/4 cup water and roast one hour uncovered, basting with orange juice combined with sherry.

CALL OF THE WILD

VENISON MEAT LOAF

| | |
|--------------------------------------|-----------------------|
| 1-1/2 lbs ground venison | 1/2 cup onion, minced |
| 1/2 lb sausage | 1/4 teaspoon thyme |
| 3 eggs | 1 teaspoon salt |
| 1 cup bread crumbs or cracker crumbs | 1/4 teaspoon pepper |
| 1 cup milk | 1 teaspoon Accent |

Mix venison and sausage thoroughly with other ingredients. Place in meat loaf dish or loaf pan size 6-3/4" x 10-3/4" x 3". Bake in moderate oven 350° for 1-1/4 hours to 1-1/2 hours.

WILD RABBIT A LA CASSEROLE

Cut one rabbit in pieces, dredge in flour and brown in hot shortening in a casserole - nice and brown. Add a little water and allow to simmer for 1/2 hour. Add two chopped onions and a small cup of seedless raisins. Put in oven at slow temperature and then add 1 tablespoon of vinegar. Bake until done - then salt and pepper. This is an old French recipe of ours and very good.

NORTHWOODS VENISON

| | |
|---------------------------|-----------------|
| 1 6-lb venison rump roast | Salt and pepper |
| 3 bay leaves | 1/2 cup water |

Wipe venison clean. Remove ALL fat from between sections of roast and from outside covering. THIS IS IMPORTANT! Then salt and pepper all sides of roast. Place on rack in dutch oven. Cover with 3 bay leaves. Pour water under rack. Cover with tight fitting top. Bake at 350° for 3 hours - or until meat is very tender. This is an exceptionally good method of cooking venison to retain a delicious, natural flavor - yet no objectionable tallow taste.

FAVORITE VENISON STEW

Melt 4 tablespoons shortening (part butter) in dutch oven. Cut 2 lbs venison into small pieces. Dip into mixture of flour, salt and pepper. Brown meat. Add 2 chopped onions. Turn down heat. Stir in 2 teaspoons brown sugar and 2 teaspoons mustard. Add 1 can tomatoes and 1 cup mushrooms. Sprinkle with 2 teaspoons vinegar. Stew slowly for at least 3 hours. Add partially cooked cubed potatoes and sliced carrots during last hour of cooking.

CHARCOAL BROILED DUCK BREASTS

Marinate duck breasts in cooking oil for at least 2 hours before broiling. Broil over charcoal fire for about 4 or 5 minutes on each side. (Traditionally, wild duck should be served rare.) Serve with orange sherry sauce and orange slices with red currant jelly in center of slices. Make orange sauce as follows: Melt - 3 tablespoons of butter. Add - 1 cup stock (If you have no chicken stock on hand, melt one chicken bouillon cube in boiling water.) Season with salt and thicken as desired. Before serving add 2 tablespoons of grated orange rind, 2/3 cup hot orange juice, and 2 or 3 tablespoons sherry.

CALL OF THE WILD

VENISON SWISS STEAK

| | |
|---------------------------------|-------------------------------------|
| 2-1/2 lbs venison | 1/2 cup green pepper (chopped fine) |
| 1/2 teaspoon salt | 1/2 cup onions (chopped fine) |
| 1/2 cup flour | 1-1/2 cups water |
| Dash of pepper | 1 small can tomato paste |
| 2 tablespoons of butter or oleo | 1 tablespoon bead molasses |

Trim all fat and gristle from venison (use most any cut, steak, chops, or shoulder cut). Place salt, pepper, flour and venison in paper bag. Shake well so meat is completely covered. Brown meat in butter (oleo) in frying pan. If electric frying pan is available use it. Add water, tomato paste, bead molasses, green peppers and onions. Bring to a simmer boil, stirring frequently. Lower temperature and let simmer for about two hours, stirring occasionally. Serve piping hot. If desired, the meat can be removed and a very tasty gravy can be made from the juices.

BRAISED RABBIT

| | |
|-----------------------------------|----------------------------|
| 1 (2-1/2 lb) young rabbit, cut up | 1 cup chicken broth |
| Flour | 3 tablespoons lemon juice |
| 2 teaspoons salt | 6 tablespoons orange juice |
| 1/4 teaspoon pepper | 1 small onion, chopped |
| 6 tablespoons shortening | Dash ginger |
| 1 cup sliced mushrooms | |

Dredge the rabbit pieces with flour, seasoned with 1 teaspoon salt and 1/8 teaspoon pepper. Saute until well browned in the shortening. Drain off excess fat. Add chicken broth, lemon and orange juices and onion. Season with 1 teaspoon salt, 1/8 teaspoon pepper and ginger. Cover and simmer over low heat until tender (about an hour). Add mushrooms for the last 15 minutes of cooking. Thicken juices with a little of the seasoned flour mixed with a little water. Makes 4-5 servings.

STUFFING FOR WILD FOWL OR WATER FOWL

Ingredients herewith are sufficient for 8 lb wild goose. Amounts may be reduced for duck or pheasant. Following amount will handle two or three ducks or pheasants:

| | |
|---------------------------------------|-------------------------------|
| 2 bags Pepperidge Farm bread stuffing | 1/8 teaspoon garlic salt |
| 1 medium sized onion | 1/2 teaspoon celery salt |
| 1 medium sized apple (peeled) | 1 can chicken rice soup |
| 3 large carrots | 1 bouillon cube |
| 1 bunch celery hearts | 4 oz dry white wine (1/2 cup) |

Dice the apple, carrots, onion and celery, including celery leaves. Mix with Pepperidge stuffing. Add garlic and celery salt. Add wine to bouillon cube and undiluted chicken rice soup. Heat until warm. Add 6 or 8 tablespoons of this to the dressing mixture. Do not get dressing too moist. Drain balance of broth away and add residue of chicken rice soup to dressing mix. Stuff bird and cook.

CALL OF THE WILD

DUTCH OVEN RINGNECK PHEASANT

Cooking time for this recipe is less than 60 minutes. Dredge quartered pheasant in mixture of:

| | |
|------------------------------------|--------------------------------------|
| 1 cup flour | 2 teaspoons M.S.G. (Accent) |
| 1 tablespoon salt | 1/2 teaspoon paprika |
| 1/2 teaspoon freshly ground pepper | 1/4 teaspoon curry powder (optional) |

Using 3 tablespoons butter, brown the pheasant in the bottom of dutch oven over medium heat. When the pheasant is golden brown, add 1/2 cup red (dry) wine, 3 sprigs fresh parsley, several slices of carrot and one stalk celery. Put cover on tightly and continue cooking over low heat or in a 325° oven for 40 minutes. Arrange pheasant on heated platter. Thicken juices in bottom of dutch oven with 1 or 2 tablespoons of flour and adjust seasoning to taste. Serve with steamed rice, preferably wild, and acorn squash.

STUFFED VENISON RIBS

| | |
|---------------------|--------------------|
| 1 venison sparerib | 1/2 lb butter |
| 4 cups bread crumbs | Sage to suit taste |
| 1 large onion | 1/2 cup sweet wine |
| 3 stalks celery | 1 cup water |

First wash ribs with damp cloth and cut away all fat. Sprinkle a little salt on meat and let it set. Now make following stuffing: Dice onion and celery and fry in butter until onion is transparent. Pour this mixture on the bread crumbs, add sage and mix well. If mixture is too dry, add milk to moisten. Place stuffing on half of the ribs and fold other half over the stuffing. Tie with string. Do not use skewers as they will pull out while meat is roasting. Place meat in roaster, not the top with butter. Pour in cup of water, cover roaster and bake in moderate 350° oven for about 2-1/2 hours or until tender, adding a little more water if needed. During last half hour of roasting, pour wine over meat and finish cooking.

CHARCOAL-BROILED WILD DUCK

1 duck per person. Broil in charcoal oven for 20-30 minutes. Remove, simmer and baste in a mixture of dry red wine and currant jelly until sauce reaches consistency of thick syrup. At serving the syrup is ladled into hot custard cups, one for each person, and the duck meat is dipped in the syrup in the manner of dipping lobster in drawn butter. Should be accompanied by baked potato with sour cream, wild rice, and choice green salad.

VENISON - JAPANESE STYLE

Take either frozen venison steaks or a venison roast and as it starts to get soft, cut in very thin strips. Slice an onion (2 or 3 large onions for four people) into 1/4" slices. Leave on plate until meat is soft. A sauce is now made using 1 cup Soy sauce, 2 pieces crushed garlic, 1/4 teaspoon Accent. Mix this sauce well. Each person is to get a serving of the sauce in a separate dish - not on the meat. The meat is to be dipped in the sauce after cooking. Cook the meat and onion over a small hibachi with grill. Lay the meat flat. Cook until done - which is only a minute or so. Onions are cooked right along with the meat. Serve while very hot and be sure to dip in the sauce before eating.

CALL OF THE WILD

PHEASANT BREAST IN CREAM

| | |
|-----------------------------------|--------------------------------|
| 2 tablespoons chopped green onion | Salt and pepper to taste |
| 1/4 cup butter | 6 whole boned pheasant breasts |
| 3 tablespoons flour | Pinch of thyme |
| 1-1/4 cups light cream | 12 to 18 mushroom caps |
| 1/4 cup white wine | |

Saute onions in butter, making a white sauce by adding flour, wine, cream and seasonings. Cook until thick. Cool. Place breasts individually on heavy duty foil squares that have been slightly buttered. Top each breast with two or three mushroom caps. Divide sauce equally among 6 breasts. Turn up edges of foil around breasts and place on cookie sheet. Bake 45 minutes to 1 hour at 400° until tender. Serve in foil square.

BAKED WILD DUCK WITH SAUERKRAUT

| | |
|------------------------|---------------------------|
| 1 dressed wild duck | 1 quart sauerkraut |
| 2 teaspoons salt | 2 apples, diced |
| 1/4 cup butter | 1/2 cup celery |
| 3/4 cup chopped onions | 3/4 teaspoon caraway seed |

Rub one tablespoon baking soda into the skin. Rinse inside and out with warm water. Drain. Sprinkle inside and out with salt. Heat platter. Add onions and saute until lightly browned. Drain the sauerkraut and preserve the liquid. Add the sauerkraut and remaining ingredients to the onions and mix well. Fill cavity of duck. Place any remaining stuffing in the roasting pan around the duck and bury the giblets in the dressing, if used. Cover and bake in a moderate oven 350° for approximately 3 hours. Uncover last hour of cooking to brown the duck. Use sauerkraut liquid to baste the duck during roasting. Make gravy from sauerkraut juice and drippings as desired. Serves 4. Make this amount for 3 or 4 small ducks and cook the same way.

FLEMISH STYLE RABBIT

Saute rabbit in butter until browned. Add 1 bottle Beck beer with seasoned salt to taste and one small onion. Simmer on low heat about 1 hour, or until tender, and broth is like syrup. Turn and coat each piece. Be careful not to let it scorch when it boils down. Remove rabbit. Add water and thickening to make gravy.

MUSKRAT "A LA DUKE UNDERHILL" (ECORSE MARSH HARE)

First wash the carcasses of 6 muskrats with plenty of pure water. Get the kettle boiling, put in half a cup of salt, 1/3 cup black pepper, lots of onions, carrots, celery, apples, 2 bay leaves, 2 handfuls of mixed spices. Boil this conglomeration until the muskrats are tender. Next, remove the muskrats and throw everything else out. Let the muskrats cool. Thirdly, and this is the trick, fill an iron skillet with medium sliced onions, saute with lots of butter and small amount of water to help steam. Salt and pepper the onions - add garlic pepper. Remove onions when they are tender and pour this mixture over the muskrats. Saute again, add a little more butter, and sprinkle with a little brown sugar. Serve piping hot. Munch corn bread and have currant jelly handy, or better yet, wild grape.

CALL OF THE WILD

MALLARD DUCK WITH SAUERKRAUT DRESSING

| | |
|----------------------------------|--------------------------|
| 1 small can silver floss kraut | 1 tablespoon oleo |
| 4 slices bacon | 1 teaspoon flour |
| 1 can mushrooms (pieces & stems) | Adolph's meat tenderizer |
| 1 mallard duck | |

Drain sauerkraut, rinse in cold water and drain. Cut bacon into small pieces. Fry until crisp. Add mushrooms and all liquid in can. Add sauerkraut and cook two hours stirring often. Add water when necessary to keep from scorching. Cool. Clean duck thoroughly. Dry inside with paper toweling. Sprinkle inside with Adolph's. Stuff duck with cooled kraut. Skewer shut. Melt butter and stir in flour. Brush generously over entire duck. Salt over butter coating. Cook at 425° for 30-45 minutes or until golden brown. Reduce heat and cook at 350° for 1 hour, 45 minutes. 1/4 cup water may be added to bottom of pan after heat is reduced to make the meat juicier.

VENISON ROAST

(Front shoulder roast, 3-6 lbs) Wash thoroughly in cold water and wipe dry with paper toweling. Trim away all fat. Brown in oven in bacon fat at 375°. Prepare onion soup mix as per instructions on package. Add alongside roast. Roast until done. Baste 3 or 4 times. Will take 1-1/2 to 2 hours to roast.

PHEASANT WITH GRAPES

| | |
|-------------------------------------|--|
| 2 pheasants (cut in serving pieces) | 1/2 cup oil or butter |
| 1 cup flour | 1 cup water |
| 1 teaspoon salt | 2 lbs hot house grapes (the kind that |
| 1/4 teaspoon pepper | are green on one side and pink on the other) |

Dredge pheasant pieces in flour, salt and pepper mixture. Using an iron or cast aluminum dutch oven, fry in oil or butter until well browned. When all pieces have been browned, add water, cover and simmer slowly 45-55 minutes, adding more water if necessary. Meanwhile wash, drain, split and remove seeds from the grapes. When pheasant has cooked 55 minutes, remove lid and spread grapes evenly over the meat. Cover tightly and simmer 1/2 hour more. The gravy will be thick enough with the grapes, so no more thickening will be necessary.

BRAISED VENISON

| | |
|--|--------------------------|
| Venison (cut from neck, shank, lower rib or flank) | Shortening |
| Flour | Onion slices |
| Salt | Bay leaf (use sparingly) |
| | Water |

Cut meat in serving portions, dredge in seasoned flour. Heat shortening in large skillet or dutch oven and brown meat on all sides. Add onion slices and bay leaf, 1/2 cup of dredging flour over top of meat and 1 cup water. Cover and simmer for 5-6 hours, until tender. Add water if needed. During last hour of cooking, add small peeled potatoes over top of meat. When done, remove meat and vegetables and thicken the meat juices for gravy, adding additional seasoning if required.

CALL OF THE WILD

BUTTERMILK-HERB FRIED PARTRIDGE

Cut up partridge or pheasant in serving pieces.

| | |
|---------------------------------|---------------------------------|
| 1/2 cup unsifted flour | 1/2 teaspoon dried thyme leaves |
| 1 teaspoon monosodium glutamate | 1/8 teaspoon pepper |
| 1 teaspoon paprika | 1/2 cup buttermilk |
| 1 teaspoon salt | Salad oil or shortening |

Wipe bird with damp paper towel. In bowl, combine flour and spices. Dip bird in buttermilk in shallow dish - then roll in flour mixture. Heat salad oil in heavy skillet (1/4" deep) until drop of water sizzles when added to hot oil. Sauté bird about 15 minutes on each side or until nicely browned. Drain on paper towels.

VENISON MINCEMEAT FOR PIES

| | |
|---|--------------------------|
| 2 lbs roasted venison, ground | Spices: |
| 3/4 lbs ground beef suet | 1/2 teaspoon cloves |
| 2 lbs chopped apples | 1 teaspoon mace |
| 2 lbs raisins | 1/2 teaspoon nutmeg |
| 3 cups sugar - part white, part brown | 2 teaspoons salt |
| 2 1-lb cans crushed pineapple to be held back 1/2 of cooking time | 1-1/2 teaspoons cinnamon |

Put all (except pineapple) in cooking vessel and add liquor from a quart can of homemade sweet chunk pickles, plus cider to cover - fruit juices will substitute here. Cook very slowly 40 minutes, then add pineapple and cook 30 more minutes, stirring frequently. This may be canned for future use. 3 cups will fill a medium 2-crust pie. Serve very warm for best results. This is a happy climax for a holiday meal in the wintertime!

STUFFED RABBIT

| | |
|--|----------------------------------|
| 1 rabbit | 2 tablespoons vinegar |
| 1 tablespoon butter | 2 or 3 slices bacon or salt pork |
| 1 cup bouillon - canned or made from chicken cubes | Stuffing |
| 1 tablespoon bacon fat | |

Skin, clean, wash and dry rabbit. Fill with stuffing, sew up and truss. Sear in a pan in the mixed butter and bacon fat, adding bouillon and equal amount of water, vinegar and seasoning to taste. Place sliced bacon or salt pork over rabbit. If salt pork is used, use less salt in the sauce. Cover and cook in a moderate oven, or in a heavy pan on top of the stove for 1-1/2 or 2 hours until tender.

Stuffing: 2 sour apples, peeled and cut into small cubes
2 tablespoons crushed crackers
2 tablespoons raisins
1/4 lb pitted prunes, cut small
1 raw egg
Salt and pepper to taste

CALL OF THE WILD

STUFFED PHEASANT BREASTS

3 slices bacon
1/4 cup butter
1/2 teaspoon salt
3/4 cup crushed potato chips
3 pheasant breasts

Stuffing:

2 tablespoons butter
1 tablespoon chopped onion
1 tablespoon chopped celery
1/3 cup fresh chopped mushrooms
1/8 teaspoon salt
1/8 teaspoon pepper
2 teaspoons lemon juice
1/4 cup chopped toasted almonds

Using stuffing ingredients, melt butter and saute onions, celery and mushrooms. Add salt, pepper, lemon juice and almonds. Make lengthwise slits in pheasant breasts and fill with stuffing. Sprinkle with 1/2 teaspoon salt, place a slice of bacon around each breast, then roll in 1/4 cup melted butter and coat well with potato chips. Place in shallow baking dish and bake at 350° for 1 hour or until fork tender. Sprinkle with paprika and scatter a few toasted almonds on top to garnish. Serves 3.

MUSKRAT "A LA JOE BEDORE"

Cut muskrats into serving pieces, put on to boil in onion, salt and soda. Let it just come to a boil, blanch in cold water, repeat again with onion, salt and soda. Blanch again, and put on to finish cooking in salt and onions. Blanch again and let the pieces dry. When ready to eat, roll each piece in bread and cracker crumbs and deep fry like french fried potatoes.

To cook 6 muskrats (serves 8 people) use:

3/4 teaspoon soda
2 onions, sliced
1-1/2 tablespoons salt
Serve piping hot with wilted lettuce salad.

VENISON STEAK "U.P. STYLE"

Remove every vestige of fat from venison. Cut meat into serving size pieces and pound each piece thoroughly. Into cast iron skillet, pour enough oil to completely cover bottom of pan. Heat until very hot. Coat each piece of steak thoroughly with flour and sear in the hot oil until lightly browned on both sides. Turn down heat. Season with salt and pepper. Top generously with sliced onions. Cover. Let simmer until fork tender - 20-30 minutes.

MISC.
GOODIES

MISCELLANEOUS GOODIES

FISH BEER BATTER (Nate Whitford)

2 cups flour
1 teaspoon salt

1 egg
1 12-oz can beer

Stir until thick. Add more flour, if needed. Dip fish and fry.

SPICED NUTS (Edith Choate)

1-1/2 cups sugar
1/2 cup water
1/2 teaspoon salt

1 teaspoon cinnamon
1/2 teaspoon allspice
2 cups pecans or walnuts

Mix dry ingredients. Add water and boil slowly until reaching 236°. Add 2 cups nuts and stir until mixture becomes sugary. Pour on greased cookie sheet and separate with two forks.

GRANOLA (Jan Tarsi)

6 cups rolled oats
1 cup shredded coconut
1 cup wheat germ (or Ralston)
1/2 cup shelled sunflower seeds
3/4 cup halved cashews

1/2 cup cooking oil
1/2 cup honey (or Karo syrup)
1/3 cup water
1-1/2 teaspoons salt
1-1/2 teaspoons vanilla
1 cup raisins

In large bowl, combine oats, coconut, wheat germ, sunflower seeds and cashews. Mix together oil, honey, water, salt and vanilla. Pour over oatmeal mixture. Stir well to coat.

Spread out mixture on two greased baking sheets. Bake in 350° oven for 30 minutes, stirring frequently, cool thoroughly.

Add raisins. Store in airtight container. Makes 11 cups of cereal.

LEMON HONEY JELLY (Emily Jefferson)

2-1/2 cups honey
3/4 cup strained lemon juice

1/2 cup liquid fruit pectin

Blend honey and lemon juice in a large saucepan. Bring to a full rolling boil and add pectin stirring constantly. Heat to a full boil. Boil 1 minute. When jelly flakes from mixing spoon, remove from heat. Skim and pour into hot sterilized glasses. Cover with paraffin. Delicious with biscuits as well as meats. Makes 5 glasses.

MISCELLANEOUS GOODIES

OYSTER DRESSING (Jeanne Armstrong)

2 quarts bread cubes - day old
1 cup melted butter
2 teaspoons poultry seasoning
2 teaspoons salt
1/2 teaspoon pepper

1 cup diced celery
1 cup finely chopped onion
1/2 teaspoon sage
2 eggs

Place onion and celery in pan with 1 cup melted butter. Cook until tender. Add this to bread cubes. Sprinkle with seasonings which have been mixed together. Add eggs, broth (1 can broth to 2 cans water) and oysters. Mix well. Bake at 325° for 1-1/2 to 2 hours.

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